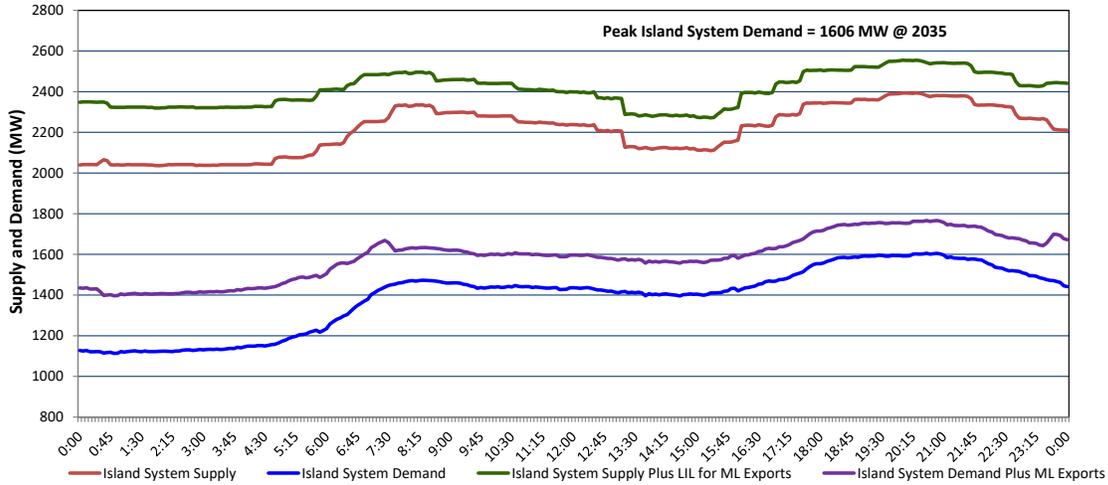


**Newfoundland Labrador Hydro (NLH)  
Supply and Demand Status Report Filed Friday, March 06, 2026**

**Section 1  
Island Interconnected System - Supply, Demand & Exports  
Actual 24 Hour System Performance For Thursday, March 05, 2026**



**Island Supply Notes For March 05, 2026**

- A As of 1326 hours, February 05, 2026, Cat Arm Unit 2 available at 57 MW due to forced derating (67 MW).
- B As of 1701 hours, February 05, 2026, Holyrood Unit 1 available at 166 MW due to forced derating (170 MW).
- C As of 0653 hours, February 27, 2026, St. Anthony Diesel Plant available at 6.7 MW due to forced derating (9.7 MW).
- D At 1313 hours, March 05, 2026, Hinds Lake Unit unavailable due to planned outage (75 MW).
- E At 1601 hours, March 05, 2026, Hinds Lake Unit available (75 MW).

**Section 2  
Island Interconnected System - Supply, Demand & Outlook**

Fri, Mar 06, 2026	Island System Outlook <sup>2</sup>	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast <sup>8</sup>	Adjusted <sup>6</sup>
Island System Supply: <sup>4</sup>	2,417 MW	Friday, March 6, 2026	1,630	1,531
NLH Island Generation: <sup>3,7</sup>	1,675 MW	Saturday, March 7, 2026	1,435	1,338
NLH Island Power Purchases: <sup>5</sup>	115 MW	Sunday, March 8, 2026	1,165	1,072
NP and CBPP Owned Generation:	220 MW	Monday, March 9, 2026	1,225	1,131
LIL/ML Net Imports to Island: <sup>9</sup>	407 MW	Tuesday, March 10, 2026	1,225	1,131
		Wednesday, March 11, 2026	1,355	1,259
7-Day Island Peak Demand Forecast:	1,630 MW	Thursday, March 12, 2026	1,400	1,304

**Island Supply Notes For March 06, 2026**

- Notes:
1. Generation outages for running and corrective maintenance are included. These are not unusual for power system operations. They generally do not impact customer supply. Hydro schedules outages to system equipment whenever possible to coincide with periods when customer demands are low and sufficient supply reserves are available. However, from time to time equipment outages are necessary and reserves may be impacted.
  2. As of 0800 Hours.
  3. Gross continuous unit output.
  4. Gross output from all Island sources (including Note 3).
  5. NLH Island Power Purchases include: ML Imports, Exploits Generation, Rattle Brook, Star Lake, Wind Generation and capacity assistance (when applicable).
  6. Adjusted for interruptible load and the impact of voltage reduction when applicable.
  7. Due to limitations inherent in the design of combustion turbines, the output of combustion turbines may be reduced in the event that ambient temperatures exceed the threshold required for full rated output. This threshold is dependent on the design of each turbine.
  8. Does not include ML Exports.
  9. LIL Import sunk in the Island System. Actual LIL flows will be restricted by various system conditions including, but not limited to, Island Load, ML Exports and Avalon Unit status.

**Section 3  
Island Peak Demand and Exports Information  
Previous Day Actual Peak and Current Day Forecast Peak**

Thu, Mar 05, 2026	Island Peak Demand <sup>10</sup>	20:35	1,606 MW
	Exports at Peak		161 MW
	LIL Net Imports to Island		5,234 MWh
Fri, Mar 06, 2026	Forecast Island Peak Demand		1,630 MW

- Notes: 10. Island Demand is supplied by NLH generation and purchases, LIL Imports plus generation owned and operated by Newfoundland Power and Corner Brook Pulp & Paper (Deer Lake Power, DLP).