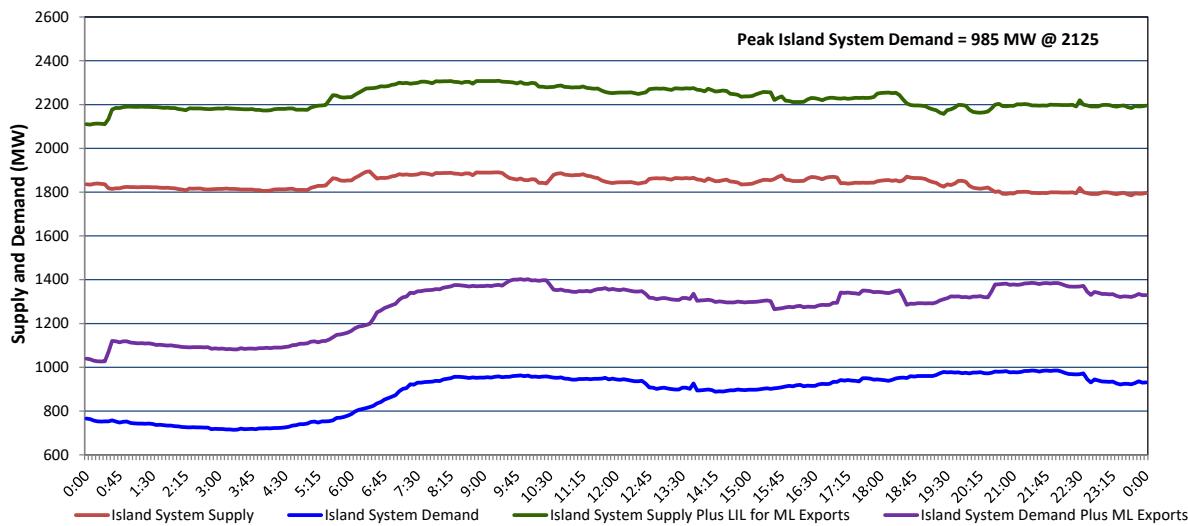


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Monday, January 19, 2026

Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Friday, January 16, 2026



Island Supply Notes For January 16, 2026

- A As of 0800 hours, March 30, 2025, Holyrood Unit 3 unavailable due to planned outage 130 MW (150 MW).
- B As of 1642 hours, December 17, 2025, Holyrood Unit 1 available at 160 MW due to forced derating (170 MW).
- C As of 1425 hours, December 22, 2025, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).
- D At 1530 hours, January 16, 2026, Labrador Island Link available at 450 MW due to forced derating (700 MW) - Monopole.
- E At 2225 hours, January 16, 2026, Labrador Island Link available at full capacity (700 MW) - Bipole.

Section 2
Island Interconnected System - Supply, Demand & Outlook

Sat, Jan 17, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴	2,005 MW	Saturday, January 17, 2026	1,345	1,249	
NLH Island Generation: ^{3,7}	1,530 MW	Sunday, January 18, 2026	1,170	1,076	
NLH Island Power Purchases: ⁵	110 MW	Monday, January 19, 2026	1,165	1,072	
NP and CBPP Owned Generation:	220 MW	Tuesday, January 20, 2026	1,285	1,190	
LIL/ML Net Imports to Island: ⁹	145 MW	Wednesday, January 21, 2026	1,530	1,432	
7-Day Island Peak Demand Forecast:	1,570 MW	Thursday, January 22, 2026	1,570	1,472	
		Friday, January 23, 2026	1,355	1,259	

Island Supply Notes For January 17, 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

Fri, Jan 16, 2026	Island Peak Demand ¹⁰	21:25	985 MW
	Exports at Peak		400 MW
	LIL Net Imports to Island		716 MWh
Sat, Jan 17, 2026	Forecast Island Peak Demand		
	1,345 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).