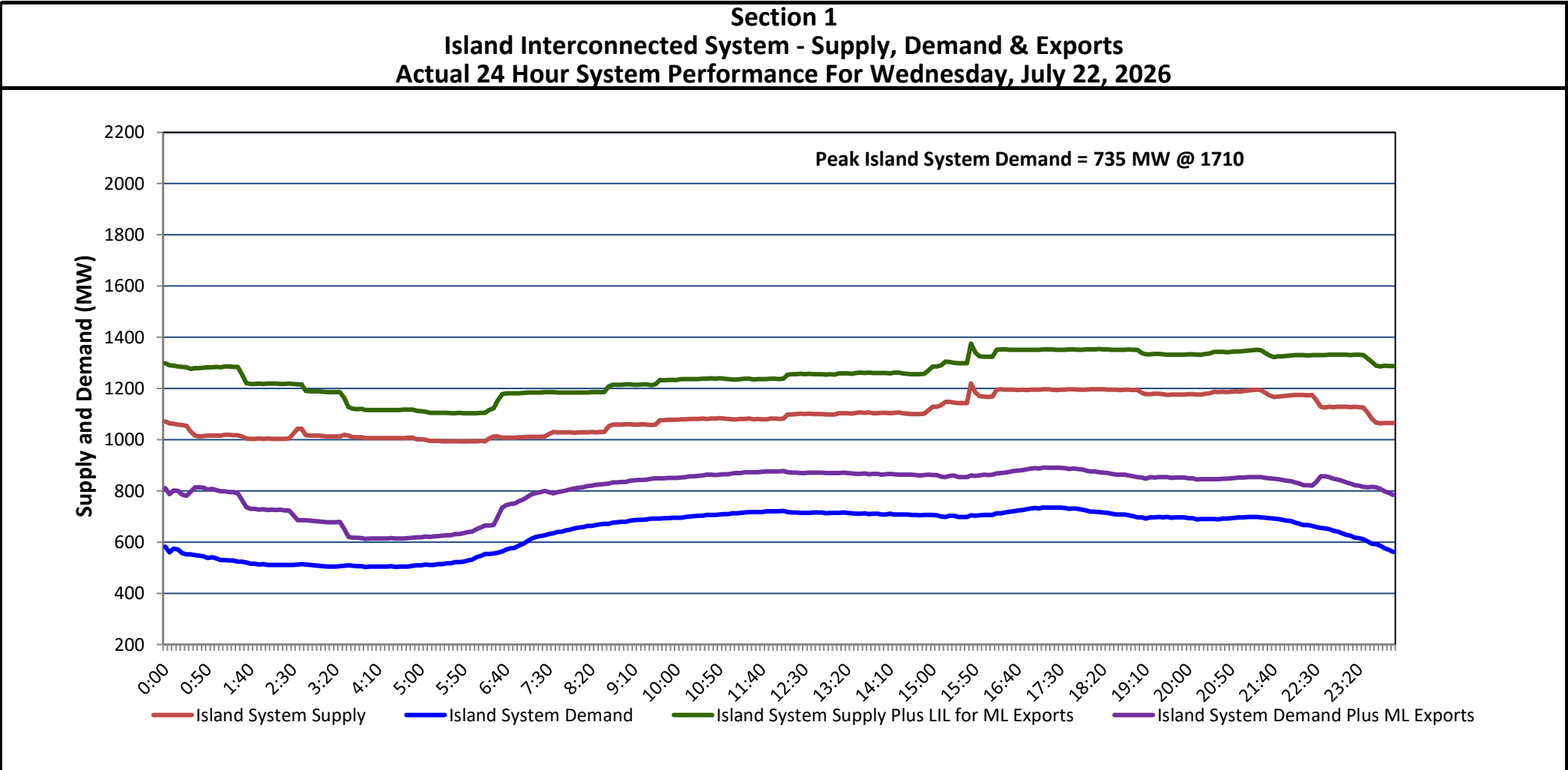


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Thursday, July 23, 2026



Island Supply Notes For July 22, 2026

A

As of 0800 hours, March 29, 2026, Holyrood Unit 3 unavailable due to planned outage (150 MW).

B

As of 1513 hours, April 16, 2026, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).

C

As of 0800 hours, May 06, 2026, Holyrood Unit 2 unavailable due to planned outage 40 MW (170 MW).

D

As of 0701 hours, May 24, 2026, Holyrood Unit 1 unavailable due to planned outage 166 MW (170 MW).

E

As of 0841 hours, May 24, 2026, Hinds Lake Unit unavailable due to planned outage (75 MW).

F

As of 0834 hours, June 15, 2026, Bay d'Espoir Unit 3 unavailable due to planned outage (76.5 MW).

G

As of 0834 hours, June 15, 2026, Bay d'Espoir Unit 4 unavailable due to planned outage (76.5 MW).

H

As of 0239 hours, June 30, 2026, Cat Arm Unit 2 available at 57 MW due to forced derating (67 MW).

I

As of 0809 hours, July 05, 2026, Bay d'Espoir Unit 7 unavailable due to planned outage (154.4 MW).

J

As of 0905 hours, July 14, 2026, Stephenville Gas Turbine unavailable due to planned outage (50 MW).

K

At 1544 hours, July 22, 2026, Bay d'Espoir Unit 5 available (76.5 MW).

Section 2
Island Interconnected System - Supply, Demand & Outlook

Thu, Jul 23, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴ NLH Island Generation: ^{3,7} NLH Island Power Purchases: ⁵ NP and CBPP Owned Generation: LIL Net Imports to Island: ⁹	1,100 MW 760 MW 135 MW 205 MW (0) MW	Thursday, July 23, 2026	805	755
		Friday, July 24, 2026	790	740
		Saturday, July 25, 2026	745	695
		Sunday, July 26, 2026	740	690
		Monday, July 27, 2026	770	720
		Tuesday, July 28, 2026	770	720
7-Day Island Peak Demand Forecast:	805 MW	Wednesday, July 29, 2026	770	720

Island Supply Notes For July 23, 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

Wed, Jul 22, 2026	Island Peak Demand ¹⁰ Exports at Peak LIL Net Imports to Island	17:10	735 MW 156 MW 2,880 MWh
Thu, Jul 23, 2026	Forecast Island Peak Demand		805 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).