FRESHWATER CAST · MONDAY CAST

Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Tri-Cities TVA area

Tri-Cities TVA

Tennessee

Mon Nov 16 – Wed Nov 18, 2026 · Eastern Time · Smallmouth · Walleye

BITE ODDS · THIS CAST

Strong odds

9/10

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
+ Mostly stable	+ No lightning	+ 5–5 mph usable ripple	+ Clear / sunny (~0%)	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **49–57°F**, lows **32–35°F**, rain chance up to **~0%**. Story is light and bait position — dawn and last light carry the window.

THREE-DAY WEATHER

MONDAY NOV 16

49° F high

LOW	32°F
SKY	Sunny
WIND	NE 0–5 mph
RAIN	~0%
SUN	7:06 AM / 5:19 PM

Frame: Cold start — let the sun warm the shallows; the better bite often comes later in the day.

TUESDAY NOV 17

54° F high

LOW	32°F
SKY	Sunny
WIND	NE 0–5 mph
RAIN	~0%
SUN	7:07 AM / 5:18 PM

Frame: Cold start — let the sun warm the shallows; the better bite often comes later in the day.

WEDNESDAY NOV 18

57° F high

LOW	35°F
SKY	Sunny
WIND	NE 0–5 mph
RAIN	~0%
SUN	7:08 AM / 5:18 PM

Frame: Cold start — let the sun warm the shallows; the better bite often comes later in the day.

Window: Mon–Wed · Air: NE · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (7:06 AM EST) → ~9 AM**
- Use any ripple as cover

MIDDAY

- Shade lines, docks, deeper edges
- Electronics for bait height first
- Slow down once the sun is overhead

EVENING

- Revisit shallow shade as sun drops
- Topwater if the surface lays down
- Weekday traffic is lighter — work quiet pockets

FALL TRANSITION **Smallmouth plan: Cover rock flats and points 5-20 ft as fish feed up; jerkbait, swimbait and blade bait at a moderate-to-fast pace.**

BIOLOGY

BASS STAGE

Smallmouth are in the fall transition — following bait into creeks and onto flats as water cools.

Basis: estimated water ~56°F — 75-day observed air record (NOAA ACIS) lagged for a lake (14-day response); no water-temperature gauge on the lake; air record trending falling

NATURAL FORAGE

Dated forage reports for this exact window are thin. Most-likely forage is threadfin shad and alewife-type baitfish in open water, with crawfish on rocky banks and small sunfish around docks.

ALSO BITING

Largemouth · spotted bass. Docks and wood on Boone and in the upper Watauga arms — a solid secondary to smallmouth on calm mornings.

PRESSURE

Weekday traffic — lighter than the weekend. Fish early, give ramps and swim areas room.

DAM & WATER — GENERATION SCHEDULE

FIXED Dam-controlled water. Generation schedule and flows below are copied from the operator as posted at the Cast pull — schedules change; re-check the operator page the morning you fish. Stay outside buoyed restricted zones.

ITEM	NOTE	SOURCE
Boone Dam	Mon 11/16: 1 AM - 6 AM EST 0, 6 AM - 11 AM EST 1, 11 AM - 6 PM EST 0, 6 PM - 11 PM EST 1, 11 PM - Midnight EST 0 · Tue 11/17: Midnight - 1 AM EST 0 · Wed 11/18: schedule not posted yet — TVA Observed: pool 1,368.88 ft (5 AM EST); outflow 0 cfs (5 AM EST)	TVA
Fort Patrick Henry Dam	Mon 11/16: 1 AM - 2 AM EST 1, 2 AM - 4 AM EST 0, 4 AM - 5 AM EST 1, 5 AM - 7 AM EST 0, 7 AM - 10 AM EST 1, 10 AM - Noon EST 0, +5 more blocks · Tue 11/17: Midnight - 1 AM EST 0 · Wed 11/18: schedule not posted yet — TVA Observed: pool 1,261.49 ft (5 AM EST); outflow 2,533 cfs (5 AM EST)	TVA
South Holston Dam	Mon 11/16: 1 AM - 6 AM EST 0, 6 AM - 11 AM EST 1, 11 AM - 6 PM EST 0, 6 PM - 10 PM EST 1, 10 PM - Midnight EST 0 · Tue 11/17: Midnight - 1 AM EST 0 · Wed 11/18: schedule not posted yet — TVA Observed: pool 1,710.30 ft (4 AM EST); outflow 10 cfs (4 AM EST)	TVA
Watauga Dam	Mon 11/16: 1 AM - Midnight EST 0 · Tue 11/17: Midnight - 1 AM EST 0 · Wed 11/18: schedule not posted yet — TVA Observed: pool 1,947.86 ft (5 AM EST); outflow 205 cfs (5 AM EST)	TVA
Confirm	TWRA Fishing	tn.gov
Confirm	TN eRegulations	eregulations.com
Permit / regs	Regs: live-check only — TWRA Fishing · TN eRegulations.	
Clarity	Fog can linger in valley coves morning — wait for visibility before wading out on slick rock.	

ACCESS — BANK / KAYAK / BOAT

BANK

On Boone, fish from Winged Deer Park in Johnson City, with shoreline paths along the lake. On South Holston, Observation Knob Park near Bristol has bank space on rocky points. On Watauga, the Shook Branch Recreation Area near Hampton offers easy shoreline access.

KAYAK

Watauga is the best kayak lake this week — idle water and quiet coves near Shook Branch and the Rat Branch boat launch. On Boone, the protected pockets near Winged Deer Park hold docks and wood for largemouth too. The southwest wind can build chop on open water, so plan a short return paddle into the wind.

BOAT

Launch at Observation Knob Park or near Little Oak on South Holston, Rat Branch or Shook Branch on Watauga, or Winged Deer Park on Boone. The afternoon breeze is jerkbait weather on main-lake points, and the calm morning suits a spybait over clear flats. Keep a sharp eye for fog, and slow down near marinas and swim areas.

LURE BOX

TOP

Small walking bait and popper (bone / clear) at first light; larger walking bait on Boone for stripers busting shad.

MID

Jerkbait (ghost shad) and small swimbait on windblown points; spybait on calm, clear points; hair jig for suspended smallmouth.

BOTTOM

Drop-shot and ned rig (green pumpkin / smoke); tube (watermelon) on chunk rock; blade bait or jig-and-minnow for walleye on deeper points. Stain / clear match: Expect clear water on South Holston and Watauga; Boone can run a bit greener. Natural colors and light fluorocarbon throughout.