Monday Cast live · Nov 16–18, 2026

Weather
National Weather Service forecast for Lake Frederick area

Lake Frederick

Virginia
Mon Nov 16 – Wed Nov 18, 2026 · Eastern Time · Largemouth

BITE ODDS · THIS CAST

9/10 — Strong odds

0 2 4 6 8 10

PRESSURE	STORMS	WIND	SKY / RAIN	BASS STAGE	CROWD
+ Mostly stable	+ No lightning	+ 0–8 mph usable ripple	+ Clear / sunny (~1%)	+ Fall transition	+ Weekday · lighter traffic

WEEK Early-week setup on this water — highs **57–66°F**, lows **28–32°F**, rain chance up to **~1%**. Story is light and bait position — dawn and last light carry the window.

THREE-DAY WEATHER

MONDAY NOV 16

57° F high

LOW	28°F
SKY	Sunny
WIND	NW 3–8 mph
RAIN	~1%
SUN	6:56 AM / 4:57 PM

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

TUESDAY NOV 17

61° F high

LOW	29°F
SKY	Sunny
WIND	W 1 mph
RAIN	~0%
SUN	6:57 AM / 4:57 PM

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

WEDNESDAY NOV 18

66° F high

LOW	32°F
SKY	Sunny
WIND	0 mph
RAIN	~0%
SUN	6:58 AM / 4:56 PM

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

Window: Mon–Wed · Air: NW → W → · Bite window: dawn + last light

HOW TO FISH THIS WEATHER

MORNING

- Shallow cover, points, creek mouths
- **First light (6:56 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 **Largemouth plan: Follow shad into the backs of creeks and flats 1-10 ft; spinnerbait, squarebill and topwater at a fast pace.**

BIOLOGY

BASS STAGE

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

Basis: estimated water ~57°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

No roster note on file for this water.

ALSO BITING

No roster note on file for this water.

PRESSURE

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

WATER BOARD — LAKE CHEAT SHEET

FIXED Natural / small-impoundment water — no generation table. Check access rules and level notes with the managing agency before you go.

ITEM	NOTE	SOURCE
Confirm	Managing agency page for this water	

ACCESS — BANK / KAYAK / BOAT

BANK

No bank slot on file for this water — confirm access with the managing agency before you go.

KAYAK

No kayak slot on file for this water — confirm access with the managing agency before you go.

BOAT

No boat slot on file for this water — confirm access with the managing agency before you go.

LURE BOX

TOP

No topwater slot on file for this water — stay mid / bottom.

MID

No mid-depth slot on file for this water.

BOTTOM

No bottom slot on file for this water.