



FRESHWATER CAST · FRIDAY CAST · TENNESSEE

Norris: Cool Clear Mornings, Monday Midday 2+ Pulse & Highlander Smallmouth

Norris · Fri Oct 2 – Sun Oct 4, 2026 · bank / kayak / boat · times **ET**

North-band NWS (Reelfoot pin): Friday storms possible ~73°, Saturday slight chance then cloudy ~73°, Sunday partly sunny ~75°.

Highs ~79–85° Fri–Sun · lows ~51–62° (NWS MRX)

NRST1 elev 1,010.19 · ~156 cfs @ 11 PM EDT Sun

Mon NRST1 2+ ~10 AM–11 PM ET after morning idle

No named trail event Fri–Sun

Norris does not need an all-day turbine treadmill — cool mid-50s mornings, a dry sunny high, and Monday's climb into 2+ after mid-morning are enough to move highlander smallmouth on clear rock and bait. Pack sunscreen, keep fluorocarbon honest, and re-check Tuesday boards live before you lock a midday current plan.

● MIDWEEK OUTLOOK

NWS Morristown (**MRX**) grid for the Norris / Clinch–Powell corridor keeps the highlander in a **quiet, warming dry stretch** through the Monday **Cast** window. **Monday** opens mostly clear after an overnight low near **51°F**, then sunny near **79°F**, north wind 0–5 mph, and almost no storm chance. **Tuesday** stays mostly sunny near **82°F** / overnight low near **55°F**. **Wednesday** is sunny near **85°F** / overnight low near **58°F** — the warmest afternoon of the window. No active NWS watches or warnings at the Sunday-night pull. Barometer at **KJAU ~29.97 inHg** (clear, ~10:45 PM ET Sun) — steady-high, not a crashing front. Looking past the **Cast** window, NWS trends warmer Thursday with a better chance of showers Friday into the weekend.

For **smallmouth** (still the Norris highlander headline): lean **first light on bluffs, points, and bait** while the air is cool, then watch for soft current seams once Monday's board climbs into **2 or more after ~10 AM ET**. Clarity is **unconfirmed** this pull — Norris often fishes clear, so start natural/chrome and darken only if a creek back proves stained. Weekday recreational pressure should feel soft; treat Norris Dam State Park as normal traffic, not Heavy Traffic, unless a new calendar listing appears.

Monday's board is the one you can fish with confidence at this pull: idle overnight, a brief morning single-unit step, then **2 or more from about 10 AM through 11 PM ET**. That is enough current to wash bait along bluff corners and point transitions without turning Norris into a mainstem river day. If Tuesday's board is still thin when you wake up, default to the shade-and-bait highlander plan and treat any afternoon pulse as a bonus you confirm live — not a leftover Sunday block you treat as Tuesday's posted plan.

FRIDAY OCT 2

79°

high · low ~51° · ~0% storms · N 0–5 mph

Sunny after a cool clear dawn

Sunrise **7:28 AM** · Sunset **7:24 PM ET**

Best bite: first light~9:30 AM ET on bluffs/points; then soft current seams once NRST1 holds 2+ after ~10 AM ET

SATURDAY OCT 3

82°

high · low ~55° · ~0% storms · light/variable

Mostly sunny and dry — warmer afternoon

Sunrise ~7:29 AM · Sunset ~7:22 PM ET

Best bite: dawn shallow again; confirm Mon-night / Tue generator boards before a midday current plan (Tue board thin beyond early overnight at this pull)

SUNDAY OCT 4

85°

high · low ~58° · ~0% storms · S 0–5 mph

Sunny; warmest day of the window

Sunrise ~7:30 AM · Sunset ~7:21 PM ET

Best bite: earlier shallow window before heat builds; shade lines, points, and any posted afternoon pulse once boards fill

● GENERATOR SCHEDULE CHEAT SHEET

Live **TVA RestApi** pull **Fri Oct 2, 2026 ~6:50 AM ET PM ET** for **NRST1** (Norris). Board times stamp **EDT** — reader planning stays in **ET**. Observed through late Sunday evening. **Monday** generator blocks are posted; Tuesday only shows a thin early overnight idle at this pull. Predicted midnight elev / avg outflow through **Tue Sep 29**. Schedules can change without notice. Failover: **TVA Reservoir Information Line 800-238-2264**. Soft current → bite only — Norris is still a highlander storage lake, not a mainstem current treadmill.

LAKE	SUN LATE OBS	GENERATOR SCHEDULE	PREDICTED (MIDNIGHT / AVG OUT)
Norris (NRST1)	Elev 1,010.19 · Tail 822.40 · ~ 156 cfs @ 11 PM EDT Sun (near-idle late evening after Sun PM 2+)	Mon: Midnight–8 AM EDT 0 ; 8–10 AM 1 ; 10 AM–11 PM 2 or more ; 11 PM–Midnight 1 . Tue: Midnight–1 AM EDT 0 ; rest thin at pull. Wed not posted at pull	09/28 midnite ~1010.01 / out ~4,045 · 09/29 midnite ~1009.81 / out ~4,000

Norris Fri–Sun: Pool 1,010.19 with only ~156 cfs Sunday late evening after a Sunday afternoon–evening 2+ pulse stepped down. Monday stays idle overnight, then climbs into **2+ from ~10 AM–11 PM ET** after a brief morning single-unit step — soft current seams near legal dam water, main-lake points, and Clinch–Powell transitions when units are up. Re-check Tuesday–Wednesday boards Monday evening; do not invent unit schedules where the board is thin.

Main lake / Clinch–Powell: Clear-water smallmouth and largemouth mix on bluffs, points, and bait schools. Graph first; longer casts and quieter boat control matter more here than on a stained river pool.

Dam / lower lake: Soft current seams only in legal water when the 2+ window is online. Stay outside restricted zones and keep distance from the boil.

Creek arms: Protected pockets for kayaks and a shade option once the afternoon warms into the low-to-mid 80s. If a hollow ever stains after a future cell, spinnerbait and darker jigs earn a look — but this dry window does not give you that stain.

● HOW TO FISH IT — BANK / KAYAK / BOAT

BANK

Fish **Norris Dam State Park** day-use banks and TWRA public walks where posted — dawn and dusk first. Clear-water mindset: longer casts, fluorocarbon leaders, quieter feet on rock. Dawn with a walking bait or small topwater along shadowed bluffs while the air is cool; once sun hits, slow to a green-pumpkin tube, drop-shot, or shaky on visible rock and dock shade. Skip dam-restricted banks; live TWRA/TVA signs only. Slick dawn dew on highlander ramps still deserves an extra minute.

KAYAK

Favor **Clinch** and **Powell** creek arms, protected pockets, and lee bluff corners away from main-lake ski lanes when weekday ski wake builds after mid-morning. Avoid the dam discharge when Monday's 2+ window is online after mid-morning — paddle soft-current seams only and give the boil a wide berth. Launch early from state-park or TWRA access, wear a PFD, and keep a take-out plan if weekday wind stacks highlander chop on the open pool. Clear water rewards quieter approaches to docks, rock transitions, and shaded hollow corners; fish the shaded bank first, then slide to soft current as the afternoon pulse arrives.

BOAT

Plan: first light—~9:30 AM ET on bluffs / points / bait; late morning—evening ride the posted 2+ pulse once NRST1 holds multi-unit after ~10 AM ET. Launch public ramps early (state park and TWRA access); pull a fresh board before locking a midday current plan — Tuesday was thin beyond early overnight at this pull. Distance from boil; clear-water natural colors until a creek back proves stained. Wednesday's warmer afternoon shortens the shallow window — start earlier or commit to shade and bait.

● LURE BOX

TOP

Walking bait (chrome / bone / white); small popper on shade; buzzbait only if cloud cover hangs.

MID

Small swimbait (shad); soft jerk / fluke; hair jig or spinnerbait on stained pockets only if a back dirties.

BOTTOM

Tube or soft craw (green pumpkin / smoke); drop-shot (green pumpkin / smoke); finesse jig on rock / bluff transitions.

Stain / clear match: Clarity unconfirmed — Norris often fishes clear. Lean natural / chrome / smoke; darken craw / junebug only after a stained pocket shows.

● BASS LIFE STAGE

Smallmouth bass — early-fall highlander transition on Norris. Cool nights (low 50s into Monday morning) and a dry high should keep fish relating to bluffs, points, bait schools, and soft current seams without locking them on a deep winter vertical pattern yet. Treat this as a **morning-shallow, midday-pulse** midweek when the board holds 2+. Largemouth remain a real second story on docks and creek-arm wood — keep that honest, not a slogan.

Because nights are cool and the high is dry, expect a longer first-light window than you had in mid-September heat. Fish that used to bury under midday boat wake should show again on shaded rock and dock edges before the afternoon pulse rearranges bait. If you only get one concentrated window Monday, make it the late-morning transition onto the 2+ board rather than forcing a dead-calm midday idle.

● FORAGE THIS WEEK

Dated hatch reports for this exact window are thin. Most-likely forage is **threadfin shad** and other small bait on points and bluff corners, with **bluegill / sunfish** around shallow docks and **crawfish** on rock when any current scrapes bottom. Start on shad and natural finesse profiles; keep a craw-colored tube ready for rock once Monday's 2+ window is online.

Ethanol-free fuel near this water · Pure-Gas.org E0 · this water · stations listed near this water — verify E0 at the pump (no pump prices).

Kay's Mkt — 3465 Hwy 61, Maynardville TN · ~5.7 mi · 93 octane E0

Tj's Fuel #3 — 1104 Park Lane, Andersonville TN · ~7.0 mi · 87 octane E0

No Wake Mkt & Grill — 1183 Sharps Chapel Rd, Sharps Chapel TN · ~8.1 mi · 87 octane E0

Tollivers Mkt — 415 Hwy 33, Maynardville TN · ~8.3 mi · 87 octane E0 — 100% on pump 7 only

Listed E0 stations from Pure-Gas.org (crowdsourced). Availability and grade can change — verify E0 at the pump if grade matters.

● ALSO HOT / ALSO IN SEASON

LARGEMOUTH · SPOTTED BASS

Docks, wood, and creek-arm shade — secondary to the smallmouth headline.

CRAPPIE · WALLEYE SOFT

Deeper brush / channel swings; soft seasonal language only.

CROWD / HEAVY TRAFFIC

No named trail event pulled for Fri–Sun. Soft weekday recreational / park traffic only.

Regs: live-check only — [TWRA Fishing](#) · [TN eRegulations](#).

Looking ahead (next 1–3 weeks): Cooler clearer air early next week after weekend storm chances. Confirm trail calendars and live boards before the next Monday **Cast**. Next **Cast**: Monday window.

Sources: TVA RestApi observed-data / generation-releases / predicted-data (NRST1) ~Fri Oct 2, 2026 ~6:50 AM ET PM ET; NWS [api.weather.gov](#) MRX/70,66 forecast; METAR KJAU barometer ~29.97 inHg; TWRA fishing / eRegulations live links; Pure-Gas.org E0 station reuse. Failover 800-238-2264. **Schedules change — confirm dam boards before you go.**

Freshwater Cast · Monday **Cast** · Norris · Fri Oct 2 – Sun Oct 4, 2026 · drafted Fri Oct 2, 2026 ~6:50 AM ET