



FRESHWATER CAST · FRIDAY CAST · TENNESSEE

Tri-Cities TVA: Cool Sunny High, Boone Afternoon 2+ & Idle Watauga Finesse

Boone · South Holston · Watauga · 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 ~64–73° Fri–Sun · lows ~46–56° (NWS MRX)

BOOT1 elev 1,378.34 · SHDT1 1,719.66 · WTGT1 1,948.69 @ 11 PM EDT Sun

Mon Boone PM 2+ · SHDT1 1-unit windows · Watauga gens 0

No named trail event Fri–Sun

Three highlander dams, three personalities, and the coolest dry high on the East TN map — Monday only climbs to the mid-60s at the Tri-Cities pin while Boone still posts an afternoon 2+ pulse. Pack a light layer for dawn, do not invent current on idle Watauga, and keep South Holston honest at one-unit windows.

● MIDWEEK OUTLOOK

NWS Morristown (**MRX**) grid for the Boone / South Holston / Watauga corridor keeps the Tri-Cities highlanders in a **quiet, cool, dry stretch** through the Monday **Cast** window — notably cooler than the Knoxville stair. **Monday** opens mostly clear after an overnight low near **46°F**, then sunny near **64°F**, northwest wind 0–5 mph, and almost no storm chance. **Tuesday** stays sunny near **69°F** / overnight low near **50°F**. **Wednesday** is sunny near **73°F** / overnight low near **53°F** — the warmest afternoon of the window, still short of mid-80s heat. No active NWS watches or warnings at the Sunday-night pull. Barometer at **KTRI ~30.01 inHg** (clear, ~10:50 PM ET Sun) — steady-high. Looking past the **Cast** window, NWS trends slowly warmer Thursday with a better chance of showers Friday into the weekend.

For **smallmouth** (the Tri-Cities highlander headline on all three lakes): lean **first light on bluffs, points, and bait** while the air is cool, then watch Boone's afternoon climb into **2 or more ~4–7 PM ET** for soft current seams — and keep South Holston at honest one-unit windows while Watauga stays idle. Clarity is **unconfirmed** this pull — these lakes often fish clear, so start natural/chrome

and darken only if a hollow stains. Weekday recreational pressure should feel soft; treat each lake's public access as normal traffic, not Heavy Traffic, unless a new listing appears. Cordell Hull is **not** this product.

FRIDAY OCT 2

64°

high · low ~46° · ~4% storms · NW 0–5 mph
Sunny after a cool clear dawn — light layer recommended

Sunrise **7:21 AM** · Sunset **7:17 PM ET**

Best bite: first light—9:30 AM ET on bluffs/points; Boone PM 2+ ~4–7 PM ET if the board holds; Watauga shade/finesse

SATURDAY OCT 3

69°

high · low ~50° · ~0% storms · N 0–5 mph
Sunny and dry — still cool by East TN standards

Sunrise ~7:22 AM · Sunset ~7:15 PM ET

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

SUNDAY OCT 4

73°

high · low ~53° · ~0% storms · SW 0–5 mph
Sunny; warmest day of the window (still not a heat wave)

Sunrise ~7:23 AM · Sunset ~7:14 PM ET

Best bite: full morning shallow window; shade lines, points, and any posted Boone/SH pulses once boards fill

● GENERATOR SCHEDULE CHEAT SHEET

Live **TVA RestApi** pull **Fri Oct 2, 2026 ~6:50 AM ET PM ET** for **BOOT1** (Boone), **SHDT1** (South Holston), and **WTGT1** (Watauga). Board times stamp **EDT** — reader planning stays in **ET**. Observed through late Sunday evening. **Monday** generator blocks are posted for all three; Tuesday only shows thin early overnight blocks 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. Keep **Boone / South Holston / Watauga** as labeled callouts — do not blur. (Fort Patrick Henry is downstream context only — not a labeled product water.)

LAKE	SUN LATE OBS	GENERATOR SCHEDULE	PREDICTED (MIDNIGHT / AVG OUT)
Boone (BOOT1)	Elev 1,378.34 · Tail 1,260.61 · ~ 0 cfs @ 11 PM EDT Sun (idle late evening after Sun PM 2+)	Mon: Midnight–6 AM EDT 0 ; 6–9 AM 1 ; 9 AM–3 PM 0 ; 3–4 PM 1 ; 4–7 PM 2 or more ; 7–8 PM 1 ; 8 PM–Midnight 0 . Tue: Midnight–1 AM EDT 0 ; rest thin at pull	09/28 midnite ~1378.45 / out ~1,712 · 09/29 midnite ~1378.20 / out ~2,100
South Holston (SHDT1)	Elev 1,719.66 · Tail 1,485.08 · ~ 10 cfs @ 11 PM EDT Sun	Mon: Midnight–3 AM EDT 0 ; 3–4 AM 1 ; 4–11 AM 0 ; 11 AM–8 PM 1 ; 8 PM– Midnight 0 . Tue: Midnight–1 AM EDT 0 ; rest thin at pull	09/28 midnite ~1719.50 / out ~882 · 09/29 midnite ~1719.32 / out ~880
Watauga (WTGT1)	Elev 1,948.69 · Tail 1,647.83 · ~ 205 cfs @ 11 PM EDT Sun	Sun–Mon: Midnight–Midnight EDT 0 . Tue: Midnight–1 AM EDT 0 ; rest thin at pull — classic idle highlander	09/28 midnite ~1948.65 / out ~210 · 09/29 midnite ~1948.60 / out ~210

Boone Fri–Sun: Pool 1,378.34 with near-zero discharge Sunday late evening after a Sunday afternoon 2+ pulse. Monday repeats a familiar pattern — morning 1-unit window, midday idle, then **2+ ~4–7 PM ET**. Soft current seams when units are up; re-check Tuesday boards Monday evening.

South Holston Fri–Sun: Pool 1,719.66 with ~10 cfs Sunday late evening. Monday posts honest **1-unit** windows (pre-dawn + ~11 AM–8 PM ET). Predicted out ~880 — modest; do not oversell current. Confirm boards live before you commit.

Watauga Fri–Sun: Pool 1,948.69 with ~205 cfs under an all-day **0** generator pattern through Monday. Predicted out ~210 — classic idle highlander. Fish shade, bluffs, points, and bait; never invent Watauga units.

● HOW TO FISH IT — BANK / KAYAK / BOAT

BANK

Fish public access on **Boone, South Holston,** and **Watauga** where posted — dawn and dusk first on each lake. Clear-water longer casts; cool mid-40s nights widen the morning shallow window. Dawn with a walking bait along shadowed bluffs; once sun hits, slow to a green-pumpkin tube, drop-shot, or finesse jig on rock and dock shade. Skip dam-restricted banks on all three; live TWRA/TVA signs only. Verify ramp fees and hours per lake live.

KAYAK

Favor protected pockets on each lake; avoid dam discharge when Boone pulses into 2+ or South Holston holds a 1-unit window. Watauga kayaks belong in quiet embayments and lee bluff corners — idle gen does not make the stilling basin legal. Launch early, wear a PFD, and keep a take-out plan if highlander wind stacks chop. Keep three labeled paddle plans — do not collapse Boone / South Holston / Watauga into one generic clock.

BOAT

Per-lake plan: Boone morning idle then afternoon 2+; South Holston one-unit windows; Watauga idle shade/bait/finesse — label each callout. Launch early on the lake you intend to fish; pull a fresh all-three board before midday Tuesday because Tue was thin beyond early overnight at this pull. PFDs and distance from boil when Boone stacks. Wednesday's ~73° high still leaves a long shallow window by East TN standards — use it.

● LURE BOX

TOP

Walking bait (chrome / bone / white); small popper on shade; light buzzbait only if clouds hang.

MID

Small swimbait (shad); soft jerk / fluke; hair jig on clearer rock.

BOTTOM

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

Stain / clear match: Clarity unconfirmed — often clearer highlanders. Lean natural / chrome / smoke; darken only if a hollow dirties.

● BASS LIFE STAGE

Smallmouth bass — early-fall highlander transition on Boone, South Holston, and Watauga. Cool nights in the mid-40s and sunny mid-60s / low-70s days should keep fish relating to bluffs, points, bait, and soft generation seams without a deep winter pattern yet. Treat Boone as the

afternoon-pulse lake, South Holston as **modest one-unit**, and Watauga as **idle finesse**. Largemouth remain a secondary dock/wood story — keep that honest.

● 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 unit scrapes bottom. Start on shad and natural finesse profiles; keep a craw-colored tube ready for Boone rock once the afternoon 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).

Volunteer Market — 1142 Tn Hwy 91, Elizabethton TN · ~3.6 mi · 87 octane E0 — Sells non-ethanol regular gas in addition to E10 regular; E0 is at all pumps, separate ...

The Store — 3588 Us Hwy 421, Bristol TN · ~7.2 mi · 87/89/93 octane E0

F & S — 2808 Us Hwy 421, Bristol TN · ~7.4 mi · 93 octane E0 — Selling 93 octane E0 gas as their only premium (all pumps, separate hoses)

Capt Jacks — 17739 Hwy 67, Butler TN · ~8.0 mi · 90 octane E0 — Sells 90 octane ethanol-free gas as its only midgrade

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

Confirm live boards and access calendars the morning you launch.

● ALSO HOT / ALSO IN SEASON

LARGEMOUTH · SPOTTED BASS

Docks and wood — secondary to the smallmouth headline.

TROUT-ADJACENT HONESTY

Tailwaters exist nearby — still a bass Cast product, not a trout Cast.

CROWD / HEAVY TRAFFIC

No named trail event pulled for Fri–Sun on these three lakes. Soft weekday recreational 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 (BOOT1, SHDT1, WTGT1) ~Fri Oct 2, 2026 ~6:50 AM ET PM ET; NWS api.weather.gov MRX/134,78 forecast; METAR KTRI barometer ~30.01 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** · Boone · South Holston · Watauga · Fri Oct 2 – Sun Oct 4, 2026 · drafted Fri Oct 2, 2026 ~6:50 AM ET