

TROUT

Length (in)	Weight lb and oz		
	Good	Fair	Poor
8	5oz	4oz	2oz
9	7oz	5oz	3oz
10	9oz	7oz	5oz
11	12oz	9oz	6oz
12	1lb	12oz	8oz
13	1lb 4oz	15oz	10oz
14	1lb 10oz	1lb 3oz	13oz
15	2lb	1lb 8oz	1lb
16	2lb 6oz	1lb 13oz	1lb3oz
17	2lb 14oz	2lb 3oz	1lb 7oz
18	3lb 7oz	2lb 8 oz	1lb 11oz
19	4lb	3lb	2lb
20	4lb 11oz	3lb 8oz	2lb 5oz
21	5lb 7 oz	4lb 1oz	2lb 11oz
22	6lb 4oz	4lb 11oz	3lb 2oz
23	7lb 2oz	5lb 5oz	3lb 8 oz
24	8lb 1oz	6lb 1oz	4lb 1oz
25	9lb 2oz	6lb 14oz	4lb 9oz



WILD TROUT TRUST

Catch and Release

- Use barbless hooks
- Bring the fish to the net as quickly as possible
- Keep the fish in the water
- Handle with wet hands, and as little as possible
- Do not squeeze – it damages internal organs
- Remove the hook using forceps if necessary
- Avoid contact with the bank or gravel as this removes protective slime
- Release the fish by pointing its nose into the current so that water is flowing over its gills
- Hold it gently until it swims away