

Montana Sport Fish Consumption Guidelines



Photo courtesy of Travis Linn

What you need to know about Mercury & PCBs when fishing in Montana

This guide provides information about how to enjoy healthy meals from wild fish caught in Montana. It provides specific scientific data about the water bodies which have been tested, plus more general information for areas that have not yet been tested.

- For information on collection and laboratory testing of fish from Montana waters, call MT Fish, Wildlife and Parks at 406-444-2449.
- For information on the health risks of eating fish, call MT Health & Human Services 406-444-2837 or email: HHSFCS@mt.gov.
- Brochures of this guide can be obtained at all FWP regional offices and several outlets where fishing licenses are sold. This on-line version of the brochure will be updated as new data is gathered: fwp.mt.gov/fishing





What Are The Health Benefits Of Eating Fish?

When properly prepared, fish provide a diet high in protein and low in saturated fats. Many researchers suggest that eating a half-pound of fish each week helps to prevent heart disease.

Almost any kind of fish can have real health benefits if eaten as an alternative to high-fat protein in your diet. You can get the health benefits of fish and reduce unwanted contaminants by following the guidelines in this pamphlet.

What Are The Health Risks Of Eating Contaminated Fish?

PCBs & METHYL MERCURY build up in the body tissue over time. It may take months or years of regularly eating contaminated fish to accumulate levels that could become a health concern.

METHYL MERCURY – Our bodies can safely metabolize small amounts of consumed methyl mercury, but larger amounts may cause damage to the nervous system. It most severely affects developing fetuses in pregnant women. It is recommended that women of childbearing age avoid those species of fish and seafood known to contain high concentrations of mercury.

PCBs – Dietary exposure to PCBs has been linked to infant development problems in children whose mothers were exposed to PCBs before becoming pregnant. The consumption advice for PCBs is intended to protect children from developmental problems and damage to their immune systems. In addition, PCBs are known to cause cancer in laboratory animals and may cause cancer in humans.

What Are Sport Fish Consumption Guidelines?

These guidelines provide recommendations on the amount and type of sport fish to eat. They also tell you how to prepare your catch to minimize health risks, and what precautions should be taken by high-risk individuals.

On the other side of this brochure is a detailed chart listing all waters in Montana that have been tested for the presence of certain environmental contaminants. It gives recommendations for eating fish caught in those waters.

Although these guidelines are not regulatory standards, by using them you'll help ensure that the fish you catch can be a safe part of your diet.

These guidelines are generally designed to protect pregnant women, women of childbearing age, children, and anglers who regularly consume larger quantities of fish caught in Montana waters over long periods of time.

What Contaminants Are Found In Montana's Wild Fish?

MERCURY is a widespread and naturally occurring element that concentrates in many soils and rocks. Mercury may also enter Montana waters via household refuse, batteries, mining and industrial wastes, and from burning fossil fuels. Once in a lake, mercury is converted to methyl mercury by bacteria and other processes. Fish absorb methyl mercury into their tissues from their food and from water. There is no method of cooking or cleaning fish that will reduce the amount of mercury in a meal.

POLYCHLORINATED BIPHENYLS (PCBs) are a group of man-made chemicals once used as lubricants, coolants, and in ink and paint additives. The manufacture of PCBs in the United States was banned in 1977, yet trace levels of PCBs remain in the environment. Everyone is exposed to some PCBs, as they are found everywhere. Fish absorb PCBs from water, sediments, and food. PCBs concentrate in the fat of fish, and other animals. Cleaning and cooking fish to remove fat will lower the amount of PCBs in a fish meal.

ARSENIC is a naturally occurring element that has increased in the environment due to industrial emissions from coal burning facilities and as a byproduct of mining operations. Only the inorganic fraction of arsenic found in fish tissues is considered toxic to humans, but it can still accumulate to levels of concern.

CADMIUM is released into the environment from mining operations and is used in the manufacturing of paints, alloys, batteries, and plastics. Cadmium is a known carcinogen that has been shown to cause renal dysfunction and a degenerative bone disease.

SELENIUM is an essential micro-nutrient for humans, but becomes toxic at slightly higher concentrations. Selenium is found in all fish species, but is not considered a carcinogen.

OTHER metals, pesticides, and organic compounds are present in Montana's fish, but are less common, or a health concern has not been established at this time.

EAT LESS OFTEN



Smallmouth Bass



Lake Trout



Walleye



Northern Pike

EAT MORE FREQUENTLY



Bluegill



Perch



Black Crappie







Brook Trout



Smaller Rainbow

Meal Advice For Individuals At Increased Risk

Children age six and younger, nursing mothers, and women who are pregnant, or might become pregnant, are at greatest risk of adverse health effects, and should be more conservative in their fish-eating habits.

 AVOID	ONE MEAL PER MONTH 	ONE MEAL PER WEEK 	TWO MEALS PER WEEK 
Walleye over 22"	Walleye less than 22"		
Northern Pike over 28"	Northern Pike 20-28"	Northern Pike less than 20"	
Lake Trout over 28"	Lake Trout 20-28"	Lake Trout 15-20"	Lake Trout less than 15"
Bass over 15"	Bass 13-15"	Bass 11-13"	Bass less than 11"
	Brown Trout over 20 "	Brown Trout 15-20"	Brown Trout less than 15"
		Yellow Perch 10-14"	Yellow Perch less than 10"
		Whitefish over 18"	Whitefish less than 18"
		Rainbow Trout over 18"	Rainbow Trout less than 18"
			Cutthroat Trout, Kokanee, Brook Trout, Sunfish, Arctic Grayling

THESE GUIDELINES APPLY TO FISH SPECIES IN WATERBODIES WHERE CONTAMINANT DATA HAS NOT YET BEEN COLLECTED AND IS NOT LISTED ON THE NEXT PAGES OF THIS PAMPHLET.

Reduce Your Health Risk

1. Keep smaller fish for eating.

Contamination increases as fish get larger and older. Predatory fish, such as lake trout, walleye, smallmouth bass and northern pike often accumulate more contaminants because they eat other fish. Smaller panfish such as bluegill, crappies, brook trout, yellow perch and smaller rainbow trout usually have low levels of contamination.

2. Clean and cook your fish properly.

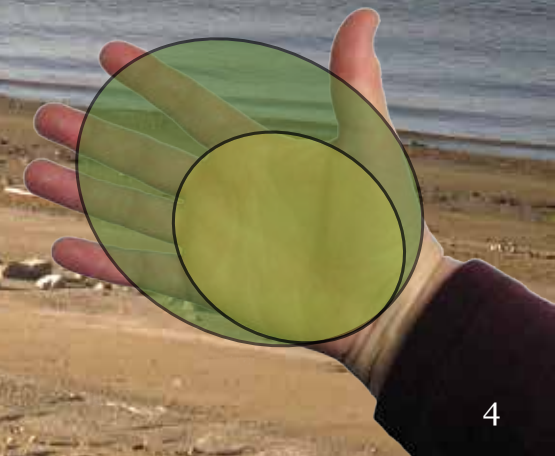
Certain contaminants build up in a fish's fat deposits and just underneath the skin.

3. To reduce contaminant levels:

- Fillet the fish & remove the skin.
- Cut away the fat from back, side & belly.
- Bake or broil the trimmed fish on a rack, or grill it, so the remaining fat drips away.

4. Serving size matters.

Adult serving size is 8 oz. uncooked or 6 oz. cooked. It is about the size and thickness of your hand (large oval in photo below). A child's serving is 4 oz. or 3 oz. cooked (small oval, or about the size of an adult's palm).






Montana Sport Fish Consumption Chart

Montana Fish, Wildlife & Parks has analyzed fish for contaminants from many of Montana's lakes and streams. The chart on the following pages will help you plan how many fish meals you can safely eat per month, based on fish size and measured concentrations of contaminants found in the fish.

These guidelines are based on an 8-ounce serving (weight before cooking) for a 150-pound man, and a 6-ounce serving for women of childbearing age or for children age six and younger.

HOW TO USE THE CHART ON THE FOLLOWING PAGES

1. Find the lake or river in which the fish was caught (listed in alphabetical order).
2. Determine the species & length of the fish.
3. If your fishing location or species isn't listed here, follow the "Reduce Your Health Risk" guidelines on page 4.

ALL	= Everyone		
M	= Men & Women (not childbearing age)		
WC	= Women (childbearing age) & Children		
	= Fish are safe to eat		
1	= Number of safe meals per month		
	= Fish should be avoided		
	= Fish have not been analyzed		
PCBs	= Polychlorinated biphenyls		
D/F	= Dioxins/Furans		
As	= Arsenic	Hg	= Mercury
Se	= Selenium	Cd	= Cadmium

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These charts will help you plan meals, with advice for individuals at increased risk

Children age six and younger, nursing mothers, and women who are pregnant, or might become pregnant, are at greatest risk of adverse health effects, and should be more conservative in the fish-eating habits.

Cooking tips plus general guidelines for waterbodies not yet been tested for contaminants are found on page 7.

Location	Species	Person	Size (Length in inches)							Contaminant	
			6-10	10-14	14-18	18-22	22-26	26-30	30+		
Ackley Lake South of Hobson	Rainbow trout	ALL									
Alder Gulch	Rainbow trout	M									
Vigilante Pond at Virginia City		WC	5	7						Hg	
Above Virginia City	Rainbow trout	ALL									
Bair Reservoir	Rainbow trout	M									
East of White Sulphur Springs		WC	7	6						Hg	
Basin Creek Near Basin	Rainbow trout	ALL									
Belt Creek Between Neihart & Monarch	All trout	ALL	4	3						As/Cd	
Upstream of Neihart	All trout	WC	8	7						Hg	
		M									
Big Spring Creek	Brown trout	ALL	1	1	1	1				PCBs	
Upstream of Hwy 191 bridge	Rainbow trout	ALL	1	1	1					PCBs	
Downstream of Hwy 191 bridge	Brown trout	ALL	4	4	4	4				PCBs	
	Rainbow trout	ALL	4	4	4					PCBs	
Bighorn Reservoir	Brown trout	M			6	3	5	3		Hg	
		WC			2	2	2	1		Hg	
	Burbot	M	9	6	7	5				Hg	
		WC	3	2	3	2				Hg	
	Channel catfish	M	7	8	5	5	5			Hg	
		WC	3	3	2	2	2			Hg	
	Sauger	M			3	3	2			Hg	
		WC			1	1				Hg	
	Smallmouth bass	M		6	2					Hg	
		WC		2	1					Hg	
	Walleye	M		5	3	2	1			Hg	
		WC		2	1	1				Hg	
	Blacktail Creek in Butte	Brook trout	M								
			WC		11	7					Hg
Boulder River	Rainbow trout	M									
		WC	5							Hg	
Bowman Lake Glacier National Park	Lake trout	M			12	9	5	6	6	Hg	
		WC			5	3	2	2	2	Hg	
Browns Gulch Near Rocker	Brook trout	M									
		WC	12	10						Hg	
	Cutthroat trout	M									
		WC		11						Hg	
Bynum Reservoir	Walleye	M	10	10	5	3				Hg	
		WC	4	4	2	1				Hg	
	Brown trout	M			10	5				Hg	
		WC		9	4	2				Hg	
Cabinet Gorge Reservoir	Crayfish (all sizes)	M	11							Hg	
		WC	4							Hg	
	Cutthroat trout	ALL									
	Lake whitefish	M			8					Hg	
		WC		6	3	8				Hg	
	Northern pike	M					11		3	Hg	
		WC					4		1	Hg	
	Smallmouth bass	M		7	5					Hg	
		WC		3	2					Hg	
	Walleye	M			4	1				Hg	
		WC			1					Hg	
	Yellow perch	M	11							Hg	
		WC	4							Hg	
	Canyon Ferry Reservoir	Burbot	M								
WC			11	8	6					Hg	
Rainbow trout		M				10				Hg	
		WC	12	10	10	4				Hg	
Walleye		M				5	6	6	3	Hg	
		WC	10	7	4	2	2	2	1	Hg	
Yellow perch		M									
		WC	10	5						Hg	

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Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Carpenter Creek Near Belt Creek	Cutthroat trout	ALL								As/Cd/Hg
Castlerock Lake Colstrip	Black crappie	M								
		WC	8							Hg
	Largemouth bass	M								
		WC		5						Hg
	Northern pike	M				9	9	8		Hg
		WC	11	7	5	3	3	3		Hg
Walleye	M				5				Hg	
	WC	11	8	5	2				Hg	
Cataract Creek Near Basin	Rainbow trout	M								
		WC	9							Hg
Chrome Lake Above Stillwater Mine	Cutthroat trout	M								
		WC			7					Hg
	Arctic grayling	M								
		WC		9						Hg
Clark Canyon Reservoir	Brown trout	M				12				Hg
		WC				4				Hg
	Burbot	ALL								
	Rainbow trout	M								
		WC			9	7				Hg
Clark Fork River Below Warm Springs Ponds	Mountain whitefish	M								Hg
		WC			10					Hg
	Brown trout	M								Hg
		WC								Hg
Below confluence with Blackfoot River	Northern pike	ALL								D/F, Hg, PCBs
	Rainbow trout	ALL		4	4					D/F, Hg, PCBs
Upstream Flint Creek	Mountain whitefish	M								Hg
		WC		12	8					Hg
	Brown trout	M		12						Hg
		WC		4						Hg
Downstream Flint Creek	Mountain whitefish	M			7					Hg
		WC			2					Hg
Clear Lake South of Superior	Brook trout	M								
		WC	12							Hg
Cliff Lake Jewel Basin	Cutthroat trout	ALL								
Cooney Reservoir	Rainbow trout	ALL								
	Walleye	M			8	7	7	7		Hg
WC			12	4	2	3	3		Hg	
Culver Pond Red Rocks NWR	Brook trout	ALL								
Crystal Lake Tobacco Root Mtns	Cutthroat trout	M								
		WC	8	7	7					Hg
Dailey Lake	Walleye	ALL								
	Yellow perch	ALL								
Dry Fork Belt Creek	All trout	ALL	0.5	0.5	0.5				As/Cd/Hg	
East Fork Reservoir Lewistown	Northern pike	M								
		WC			12	9				Hg
	Yellow perch	ALL								
Ennis Lake	Brown trout	ALL								
	Rainbow trout	ALL								
Firehole River Yellowstone National Park near Lower Geyser	Brown trout	M	3	4						Hg
		WC	1	1						Hg
	Rainbow trout	M	7	5						Hg
		WC	3	2						Hg
Yellowstone National Park near Madison Jct.	Brown trout	M	6	2						Hg
		WC	2							Hg
	Rainbow trout	M	11		10					Hg
		WC	4		4					Hg
Flathead Lake	Lake trout	M	12	12	7	6	4	2		Hg/PCBs
		WC	6	5	3	2	1			Hg/PCBs
	Lake whitefish	M				12				Hg
		WC	11	9	7	4				Hg

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Location	Species	Person	Size (Length in inches)							Contaminant		
			6-10	10-14	14-18	18-22	22-26	26-30	30+			
Flint Creek South of Drummond Upstream of Fred Burr Creek	Brown trout	M										
		WC		10							Hg	
	Downstream of Fred Burr Creek	Brown trout	M		5	3						Hg
			WC		2	1						Hg
Fort Peck Reservoir	Chinook salmon	M						5	5		Hg	
		WC						2	2		Hg	
	Lake trout	M					9	6	3		Hg	
		WC					3	2	1		Hg	
Northern pike	M				8	8	6	4		Hg		
	WC				3	3	2	2		Hg		
Walleye	M		10	8	8	3				Hg		
	WC		4	3	3	1				Hg		
Fred Burr Creek South of Philipsburg	Rainbow trout	M			4	4					Hg	
		WC			1	1					Hg	
Frenchman Reservoir Malta	Northern pike	ALL										
Fresno Reservoir	Black crappie	M		3							Hg	
		WC	9	1							Hg	
	Northern pike	M				9	8	8	4		Hg	
		WC				3	3	3	1		Hg	
	Walleye	M		7	7	4	3				Hg	
		WC		2	2	2	1				Hg	
	Yellow perch	M		8							Hg	
		WC	5	3							Hg	
Georgetown Lake	Brook trout	M										
		WC	11								Hg	
	Kokanee salmon	ALL										
Gibbon River Yellowstone National Park	Brown trout	M	7	3	7						Hg	
		WC	3	1	2						Hg	
	Rainbow trout	M		6	9	11					Hg	
		WC		2	3	4					Hg	
Harrison Lake Glacier National Park	Lake trout	M				9	6	5	5		Hg	
		WC				3	2	2	2		Hg	
Hauser Reservoir	Kokanee salmon	M										
		WC				6					Hg	
	Rainbow trout	ALL										
	Walleye	M										
		WC		10	10	6	6				Hg	
Yellow perch	ALL											
Hebgen Reservoir	Brown trout	M			10	7	4				Hg	
		WC		6	4	2	1				Hg	
	Rainbow trout	M			10	8					Hg	
		WC	7	6	4	3					Hg	
Holter Reservoir	Kokanee salmon	ALL										
	Rainbow trout	M										
		WC				10	10				Hg	
	Walleye	M				12	6	7			Hg/PCBs	
		WC		9	8	4	3	2			Hg/PCBs	
	Yellow perch	M		10							Hg	
WC		6	4							Hg		
Hyalite Lake South of Bozeman	Cutthroat trout	ALL										
Island Lake Southeast of Libby	Yellow perch	M	12								Hg	
		WC	5								Hg	
Judith River Below Big Spring Creek	Brown trout	ALL										
	Rainbow trout	ALL										
Lake Frances	Northern pike	M				9	7				Hg	
		WC	8	6	5	3	3				Hg	
	Walleye	M		9	5	3	2				Hg	
		WC	8	3	2	1					Hg	
	Yellow perch	M	10	8	6						Hg	
		WC	4	3	2						Hg	

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Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Lake Helena	Walleye	M				8	7			Hg
		WC			12	3	3			Hg
Lake Koocanusa	Burbot	M		12	12	11				Hg/Se
		WC	12	12	11	4				Hg/Se
	Bull trout	M						12	9	Hg
		WC		12	10	7	6	4	3	Hg
	Kokanee salmon	M								
		WC								
	Longnose suckers	M								
		WC								
	Northern pike minnow	M					11			Hg
		WC			5	5	4			Hg
Peamouth	M									
	WC		10		5				Hg	
Cutthroat trout	M									
	WC									
Lake Marlin	Northern pike	M					11	5	Hg	
		WC					4	2	Hg	
Lake Mary Ronan	Kokanee salmon	M								
		WC		12					Hg	
	Rainbow trout	ALL								
	Yellow perch	M		11					Hg	
WC		11	4					Hg		
Lake McDonald Glacier National Park	Bull trout	M								
		WC			6	8			Hg	
	Lake trout	M			12	8	5		Hg	
		WC		12	5	2	2		Hg	
	Lake whitefish	M								
		WC			12	6			Hg	
Lee Metcalf Pond National Wildlife Refuge	Largemouth bass	M			11				Hg	
		WC		11	5				Hg	
Leigh Lake Cabinet Mountains	Brook trout	M							Hg	
		WC	12							
Libby Ponds Fifth Street	Brook trout	ALL		1	1				PCBs	
	Coarse scale sucker	ALL		4	4				PCBs	
Stimpson Fire	Coarse scale sucker	ALL								
Lower Stillwater Lake	Yellow perch	ALL								
	Northern pike	M								
WC				7	10			Hg		
Lower Willow Creek Reservoir	Cutthroat trout	M	5	2	1				Hg	
		WC	2						Hg	
Lump Gulch Prickly Pear Drainage	Brook trout	ALL								
Madison River Hebgen Lake to Quake Lake	Rainbow trout	M								
		WC		6					Hg	
Quake Lake to Ennis Lake	Brown trout	M								
		WC			9				Hg	
Below Ennis Lake	Brown trout	M			12				Hg	
		WC		10	4				Hg	
Rainbow trout	M									
	WC		12	12				Hg		
Martinsdale Reservoir	Brown trout	M				6	6	6	Hg/PCBs	
		WC	10	10	6	4	4	4	Hg/PCBs	
	Rainbow trout	M								
		WC		12	12				Hg	
Medicine Lake National Wildlife Refuge	Northern pike	M						5	Hg	
		WC			9	8	8	2	Hg	
Missouri River Headwater to Toston	Brown trout	M								
		WC		8					Hg	
	Rainbow trout	M								
		WC		8					Hg	
Mountain View Lake Stillwater drainage	Brook trout	M		4					Hg	
		WC	7	1					Hg	

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Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Mystic Lake South of Bozeman	Brook trout	ALL								
	Cutthroat trout	M								
		WC		8	8					Hg
	Lake trout	M								
WC						7			Hg	
Nelson Reservoir	Black crappie	M								
		WC	10						Hg	
	Lake whitefish	M				7	7			Hg
		WC			5	3	3			Hg
	Northern pike	M						11		Hg
		WC				7	7	4		Hg
	Walleye	M				6	3			Hg
		WC		6	5	2	1			Hg
	Yellow perch	M								
		WC	11	10						Hg
Ninepipe National Wildlife Refuge	Largemouth bass	M			6	5				Hg
		WC	7	6	2	2			Hg	
Noxon Reservoir	Crayfish (all sizes)	M								
		WC	7						Hg	
	Largemouth bass	M		11						Hg
		WC		4					Hg	
	Lake whitefish	M								
		WC		10	10					Hg
	Northern pike	M				11	7	2		D/F, Hg, PCBs
		WC		6	6	4	2	1		D/F, Hg, PCBs
	Smallmouth bass	M		6	3	2				Hg
		WC		2	1					Hg
	Walleye	M		12	11	9	6	2		Hg
		WC		4	4	3	2			Hg
Yellow perch	M									
	WC	11	6						Hg	
Park Lake Southwest of Helena	Arctic grayling	ALL								
	Cutthroat trout	ALL								
Petrolia Reservoir South of Winnett	Northern pike	M								
		WC					6		Hg	
Pishkun Reservoir	Northern pike	M		11	9	6	5	5		Hg
		WC		4	3	2	2	2		Hg
	Rainbow trout	M			11	11	7			Hg
		WC			4	4	3			Hg
	Yellow perch	M	9							Hg
		WC	3							Hg
Prickly Pear Creek Upstream of East Helena	Brown trout	ALL								
	Rainbow trout	ALL								
Downstream of East Helena	Brown trout	M								
	Brown trout	WC				12			Hg	
Seeley Lake	Bull trout	ALL								
	Mountain whitefish	M								
		WC		12					Hg	
	Northern pike	M								
		WC					9	9	Hg	
	Rainbow trout	ALL				7			PCBs	
Yellow perch	ALL									
Silver bow Creek	Brook trout	ALL								
	Cutthroat trout	ALL								
Silver Creek North of Helena	Cutthroat trout	M	8	4					Hg	
		WC	3	1					Hg	
Snow Creek Near Carpenter Creek	Cutthroat trout	ALL							As/Cd/Hg	
		ALL								
Soda Butte Creek Cooke City	Brook trout	ALL								
	Cutthroat trout	ALL								
	Northern pike	M			7	3	3		Hg	
		WC			3	1	1		Hg	
	Walleye	M					2		Hg	
		WC							Hg	
Yellow perch	M	11						Hg		
	WC	4						Hg		

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Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Spring Meadow Lake Helena	Largemouth bass	ALL								
	Rainbow trout	ALL								
St. Marys Lake Glacier National Park	Burbot	M			11	11	6	6		Hg
		WC			4	4	2	2		Hg
	Bull trout	M					6			Hg
		WC					2			Hg
	Lake trout	M			9	9	9	9		Hg
		WC			3	3	3	3		Hg
	Lake whitefish	M								
		WC			8	8				Hg
Swan Lake	Bull trout	M			10	9	8	7	5	Hg
		WC		8	4	3	3	2		Hg
	Kokanee salmon	M								
		WC	12	12	12					Hg
	Northern pike	M				9	8	6	5	Hg
		WC			6	3	3	2	2	Hg
Lake trout	M				10	8	6	4	Hg	
	WC	11	7	5	4	3	2	1	Hg	
Tenmile Creek West of Helena	Brook trout	ALL								
	Brown trout	ALL								
	Rainbow trout	ALL								
Thompson Falls Reservoir	Northern pike	M								
		WC			6	8	7	6		Hg
	Rainbow trout	M								
		WC			12					Hg
	Smallmouth bass	M								
		WC			6					Hg
Yellow perch	M									
	WC			8					Hg	
Tiber Reservoir	Northern pike	M		8	7	6	5	2	2	Hg
		WC		3	2	2	2	1		Hg
	Walleye	M		5	4	3	3			Hg
		WC		2	1	1	1			Hg
	Yellow perch	M		9						Hg
		WC	6	3						Hg
Tongue River Reservoir	Northern pike	M								
		WC	8	8	7	7	7	6		Hg
	Walleye	M			10	8	6			Hg
		WC	8	6	4	3	2			Hg
	Smallmouth bass	M		11						Hg
		WC	9	4						Hg
	White crappie	M	11							Hg
		WC	4							Hg
Upper Cold Lake Mission Mountains	Cutthroat trout	ALL								
Upper Two Medicine Lake Glacier National Park	Lake trout	M								
		WC			8					Hg
Warm Springs Ponds Near Anaconda	Rainbow trout	ALL								
Waterton Lakes Glacier National Park	Lake trout	M			12	8	4	4	4	Hg
		WC		7	4	3	1	1	1	Hg
	Lake whitefish	M								Hg
Whitefish Lake	Lake trout	M					8			Hg
		WC		11	11	5	3			Hg
	Northern pike	M								Hg
		WC					10	10	9	Hg
	Lake whitefish	M								
		WC				6				Hg
	Cutthroat trout	M								
		WC								
Willow Creek Reservoir	Rainbow trout	ALL								
Yellowstone River Near Powder River	Channel catfish	M					4			Hg
		WC					1			Hg