

**St. Regis Pond General Biological Survey #521023**  
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Saint Regis Pond (SC-P156A) is a 383-acre lake the St. Regis Canoe Area of Franklin County. It was last surveyed by the Adirondack Lakes Survey Corporation (ALSC) 36 years ago, in 1985. It is currently stocked with 2,200 yearling splake annually and may be one of the most popular waters for anglers in the St. Regis canoe Area. This water was reclaimed as part of a 1953 project with the primary purpose of removing non-native yellow perch, this species still remains absent. The maximum depth is 31 feet, the mean depth is 15.4 feet, and dissolved oxygen sufficient for trout was present throughout the water column.

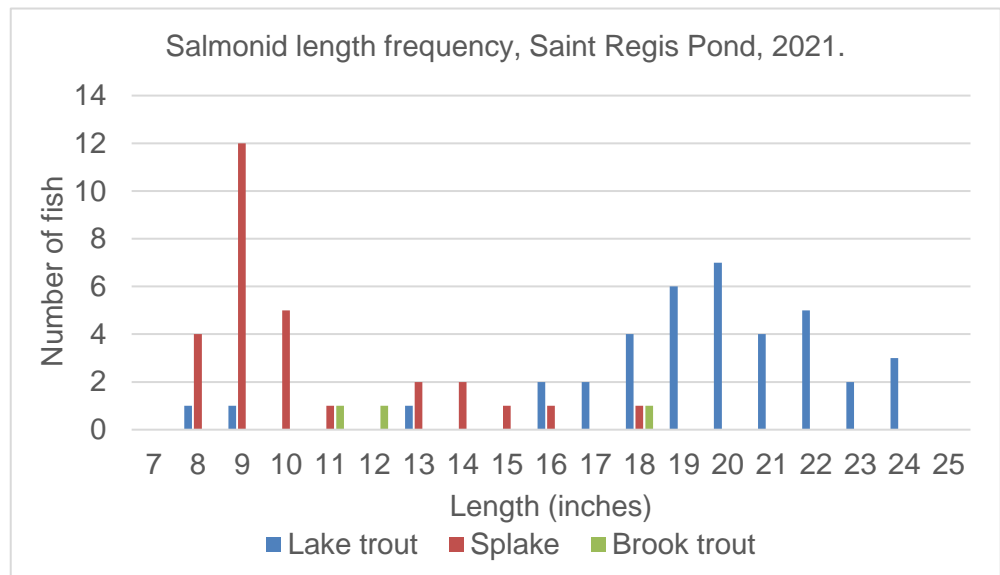
Table 1. Saint Regis Pond water chemistry variables, 2021.

Year	Depth (feet)	Air Equilibrated pH (pH units)	Acid Neutralizing Capacity ( $\mu\text{eq/L}$ )	Conductivity ( $\mu\text{mhos/cm}$ )	Silica $\text{mg L}^{-1}$
2021	5	7.19	91.0	17.5	2.99
	26	7.12	78.3	18.3	3.45

The acid/base water chemistry here has notably improved since the 1985 ALSC survey. The air equilibrated pH is about a half pH point higher and the ANC has improved by 47  $\mu\text{eq/L}$ . The conductivity has decreased from 25 to 17  $\mu\text{mhos/cm}$ , but this was not unexpected as it can occur when some Adirondack waters are recovering from acidity issues.

In early June of 2021, six 150-foot Swedish experimental gill nets, a 30-foot minnow net, and a minnow trap were set over a 2-night period. A total of 38 lake trout, 29 splake and 3 brook trout were collected during the survey. The average length of a lake trout was an impressive 19.8 inches, splake averaged 10.9 inches and the 3 brook trout averaged 14.1 inches. Lake trout were not stocked here after the 1953 reclamation, but they appeared in a 1964 NYSDEC survey, either from accidental or unauthorized introduction. Lake trout

have been present at some level in every survey since that time. Lake trout now comprise the majority of the game fish here, and they are of an impressive size for an Adirondack water. More than 90% of the lake trout collected were over 16 inches long. A very small self-sustaining brook trout population is also present, perhaps buoyed by the presence of groundwater that is indicated by the relatively high silica



values. Splake continue to provide a very popular additional fishery and the largest splake was over 18 inches long. A subset of all three salmonid species was aged by scales. Growth of the small self-sustaining brook trout population appears to be excellent, and the self-sustaining lake trout population, while slow growing, is producing some large individuals. The largest lake trout was a 13-year-old fish weighing more than 5 pounds. The stocked splake population is also doing well, with a 6-year-old fish reaching almost 19 inches in length.

In addition to the three species of salmonids 8 other species were collected. White sucker and brown bullhead accounted for most of the biomass.

Table 1. Number and length ranges of fish collected at Saint Regis Pond, 2021.

Species	Number collected	Minimum length (in)	Maximum length (in)
Lake trout	38	8.1	24.7
Splake	29	8.1	18.7
Brook trout	3	11.6	18.5
White sucker	70	6.3	20.5
Brown bullhead	38	5.3	8.8
Golden shiner	3	3.1	3.2
Northern redbelly dace	76	2.2	3.5
Pearl Dace	5	2.7	2.9
Fathead minnow	39	2.0	2.6
Brook stickleback	8	45.0	55.0
Pumpkinseed	3	2.8	4.6

Given that the number and size of lake trout has increased somewhat, splake stocking should decrease from 2,200 to 1,800 yearlings annually, and this change should be evaluated in five years.