Fishing & Cooking Skill Progression (with Catch Times)

LvI	Fish	Fishing XP	Item Required	Bait?	Catch Time	Cooking XP	Cooked Item
1	Shrimp	10	Small Net	No	2-3s	15	Cooked Shrimp
2	Anchovy	15	Small Net	No	2-3s	22	Cooked Anchovy
3	Minnow	18	Rod	Yes (worms)	2-3s	27	Cooked Minnow
5	Sardine	20	Rod	Yes (bait)	2-3s	30	Cooked Sardine
7	Herring	25	Rod	Yes (bait)	2-3s	37	Cooked Herring
10	Whitefish	30	Rod	No	2-3s	45	Cooked Whitefish
12	Crayfish	35	Cage	No	2-3s	52	Cooked Crayfish
15	Trout	50	Fly Rod	Yes (feathers)	2-3s	75	Cooked Trout
17	Perch	55	Rod	Yes (worms)	2-3s	82	Cooked Perch
20	Pike	60	Rod	Yes (bait)	3-5s	90	Cooked Pike
22	Catfish	65	Rod	Yes (worms)	3-5s	97	Cooked Catfish
25	Salmon	70	Fly Rod	Yes (feathers)	3-5s	105	Cooked Salmon
27	Eel	80	Spear	Yes (worms)	3-5s	120	Cooked Eel
30	Bass	90	Big Net	No	3-5s	135	Cooked Bass
32	Mackerel	100	Big Net	No	3-5s	150	Cooked Mackerel
35	Tuna	110	Harpoon	No	3-5s	165	Cooked Tuna
37	Carp	120	Rod	Yes (corn)	3-5s	180	Cooked Carp
40	Lobster	120	Cage	No	5-7s	180	Cooked Lobster
42	Snapper	130	Big Net	No	5-7s	195	Cooked Snapper
45	Swordfish	140	Harpoon	No	5-7s	210	Cooked Swordfish
47	Sturgeon	150	Rod	Yes (bait)	5-7s	225	Cooked Sturgeon
50	Monkfish	150	Net	No	5-7s	225	Cooked Monkfish
52	Squid	160	Big Net	No	5-7s	240	Cooked Squid
55	Shark	200	Harpoon	No	5-7s	300	Cooked Shark
57	Red Drum	210	Rod	Yes (bait)	5-7s	315	Cooked Red Drum
60	Anglerfish	220	Rod	Yes (worms)	7-9s	330	Cooked Anglerfish
62	Marlin	230	Harpoon	No	7-9s	345	Cooked Marlin
65	King Crab	240	Cage	No	7-9s	360	Cooked King Crab
67	Barracuda	250	Harpoon	No	7-9s	375	Cooked Barracuda
70	Sea Bass	260	Big Net	No	7-9s	390	Cooked Sea Bass
72	Giant Catfish	270	Rod	Yes (worms)	7-9s	405	Cooked Giant Catfish
75	Manta Ray	280	Harpoon	No	7-9s	420	Cooked Manta Ray
77	Octopus	290	Big Net	No	7-9s	435	Cooked Octopus

LvI	Fish	Fishing XP	Item Required	Bait?	Catch Time	Cooking XP	Cooked Item
80	Sea Turtle	300	Harpoon	No	9-12s	450	Cooked Sea Turtle
82	Stingray	310	Harpoon	No	9-12s	465	Cooked Stingray
85	Grouper	320	Rod	Yes (bait)	9-12s	480	Cooked Grouper
87	Piranha	330	Rod	Yes (bait)	9-12s	495	Cooked Piranha
90	Whale Shark	350	Harpoon	No	9-12s	525	Cooked Whale Shark
91	Electric Eel	360	Spear	Yes (worms)	9-12s	540	Cooked Electric Eel
93	Swordtail	370	Fly Rod	Yes (feathers)	9-12s	555	Cooked Swordtail
95	Blue Whale	400	Harpoon	No	12-15s	600	Cooked Blue Whale
96	Leviathan Carp	420	Rod	Yes (special bait)	12-15s	630	Cooked Leviathan Carp
97	Crystal Salmon	450	Fly Rod	Yes (enchanted feathers)	12-15s	675	Cooked Crystal Salmon
98	Voidfin	480	Harpoon	No	12-15s	720	Cooked Voidfin
99	Golden Carp	500	Any	No (ultra-rare)	15-20s	750	Cooked Golden Carp
99	Mythic Kraken	600	Harpoon	Yes (special bait)	15-20s	900	Cooked Mythic Kraken