

Capital	State	Postal Abbreviation
The Southeast Region		
Tallahassee	Florida	
Atlanta	Georgia	
Montgomery	Alabama	
Jackson	Mississippi	
Baton Rouge	Louisiana	
Little Rock	Arkansas	
Nashville	Tennessee	
Frankfort	Kentucky	
Charleston	West Virginia	
Richmond	Virginia	
Raleigh	North Carolina	
Columbia	South Carolina	
Annapolis	Maryland	
Dover	Delaware	
The Northeast Region		
Harrisburg	Pennsylvania	
Trenton	New Jersey	
Albany	New York	
Hartford	Connecticut	
Providence	Rhode Island	
Boston	Massachusetts	
Concord	New Hampshire	
Montpelier	Vermont	
Augusta	Maine	
The Middle West Region		
Columbus	Ohio	
Indianapolis	Indiana	
Lansing	Michigan	
Springfield	Illinois	
Madison	Wisconsin	
St. Paul	Minnesota	

Capital	State	Postal Abbreviation
The Middle West Region		
Des Moines	Iowa	
Jefferson City	Missouri	
Bismarck	North Dakota	
Pierre	South Dakota	
Lincoln	Nebraska	
Topeka	Kansas	
The Southwest Region		
Oklahoma City	Oklahoma	
Austin	Texas	
Santa Fe	New Mexico	
Phoenix	Arizona	
The West Region		
Helena	Montana	
Boise	Idaho	
Cheyenne	Wyoming	
Denver	Colorado	
Salt Lake City	Utah	
Carson City	Nevada	
Olympia	Washington	
Salem	Oregon	
Sacramento	California	
Juneau	Alaska	
Honolulu	Hawaii	