

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

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