

Capital	State	Postal Abbreviation
The Southeast Region		
Tallahassee	Florida	FL
Atlanta	Georgia	GA
Montgomery	Alabama	AL
Jackson	Mississippi	MS
Baton Rouge	Louisiana	LA
Little Rock	Arkansas	AR
Nashville	Tennessee	TN
Frankfort	Kentucky	KY
Charleston	West Virginia	WV
Richmond	Virginia	VA
Raleigh	North Carolina	NC
Columbia	South Carolina	SC
Annapolis	Maryland	MD
Dover	Delaware	DE
The Northeast Region		
Harrisburg	Pennsylvania	PA
Trenton	New Jersey	NJ
Albany	New York	NY
Hartford	Connecticut	CT
Providence	Rhode Island	RI
Boston	Massachusetts	MA
Concord	New Hampshire	NH
Montpelier	Vermont	VT
Augusta	Maine	ME
The Middle West Region		
Columbus	Ohio	OH
Indianapolis	Indiana	IN
Lansing	Michigan	MI
Springfield	Illinois	IL
Madison	Wisconsin	WI
St. Paul	Minnesota	MN

Capital	State	Postal Abbreviation
The Middle West Region		
Des Moines	Iowa	IA
Jefferson City	Missouri	MO
Bismarck	North Dakota	ND
Pierre	South Dakota	SD
Lincoln	Nebraska	NE
Topeka	Kansas	KS
The Southwest Region		
Oklahoma City	Oklahoma	OK
Austin	Texas	TX
Santa Fe	New Mexico	NM
Phoenix	Arizona	AZ
The West Region		
Helena	Montana	MT
Boise	Idaho	ID
Cheyenne	Wyoming	WY
Denver	Colorado	CO
Salt Lake City	Utah	UT
Carson City	Nevada	NV
Olympia	Washington	WA
Salem	Oregon	OR
Sacramento	California	CA
Juneau	Alaska	AK
Honolulu	Hawaii	HI