

	REGION	STATE	CAPITAL	ABBREVIATION
1.	<b>Pacific States</b>	California	Sacramento	CA
2.		Oregon	Salen	OR
3.		Washington	Olympia	WA
4.		Alaska	Juneau	AK
5.		Hawaii	Honolulu	HI
6.	<b>Mountain States</b>	Idaho	Boise	ID
7.		Montana	Helena	MT
8.		Utah	Salt Lake City	UT
9.		Colorado	Denver	CO
10.		Wyoming	Cheyenne	WY
11.	<b>Southwestern States</b>	Nevada	Carson City	NV
12.		Arizona	Phoenix	AZ
13.		New Mexico	Santa Fe	NM
14.		Texas	Austin	TX
15.		Oklahoma	Oklahoma City	OK
16.	<b>Midwestern States</b>	North Dakota	Bismarck	ND
17.		South Dakota	Pierre	SD
18.		Nebraska	LIncoln	NE
19.		Kansas	Topeka	KS
20.		Minnesota	St. Paul	MN

21.		Iowa	Des Moines	IA
22.		Missouri	Jefferson City	MO
23.	<b>Great Lakes States</b>	Wisconsin	Madison	WI
24.		Illinois	Springfield	IL
25.		Michigan	Lansing	MI
26.		Indiana	Indianapolis	IN
27.		Ohio	Columbus	OH
28.	<b>Southern States</b>	Arkansas	Little Rock	AR
29.		Louisiana	Baton Rouge	LA
30.		Mississippi	Jackson	MS
31.		Alabama	Montgomery	AL
32.		Tennessee	Nashville	TN
33.		Kentucky	Frankfort	KY
34.		Florida	Tallahassee	FL
35.		Georgia	Atlanta	GA
36.		South Carolina	Columbia	SC
37.		North Carolina	Raleigh	NC
38.	<b>Mid-Atlantic States</b>	Virginia	Richmond	VA
39.		West Virginia	Charleston	WV
40.		Maryland	Annapolis	MD
41.		Delaware	Dover	DE

42.		New Jersey	Trenton	NJ
43.		Pennsylvania	Harrisburg	PA
44.		New York	Albany	NY
45.	<b>New England States</b>	Connecticut	Hartford	CT
46.		Rhode Island	Providence	RI
47.		Massachusetts	Boston	MA
48.		Vermont	Montpelier	VT
49.		New Hampshire	Concord	NH
50.		Maine	Augusta	ME