

# THE 50 STATES

## Cheat Sheets

Includes: States, Capitals, Regions,  
Time Zones & Abbreviations



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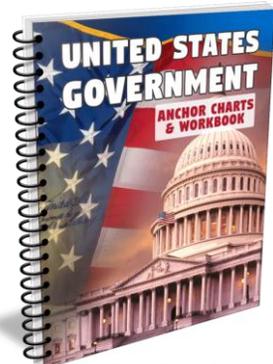
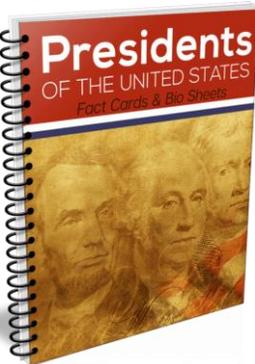
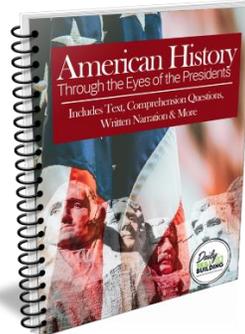
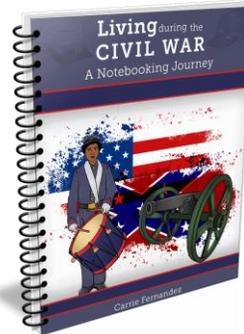
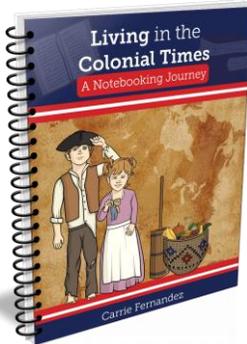
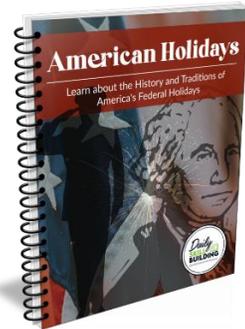
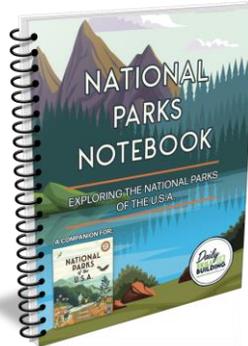
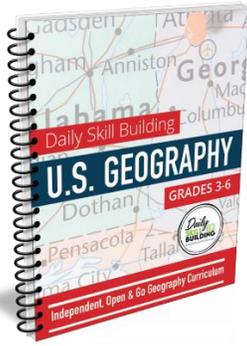
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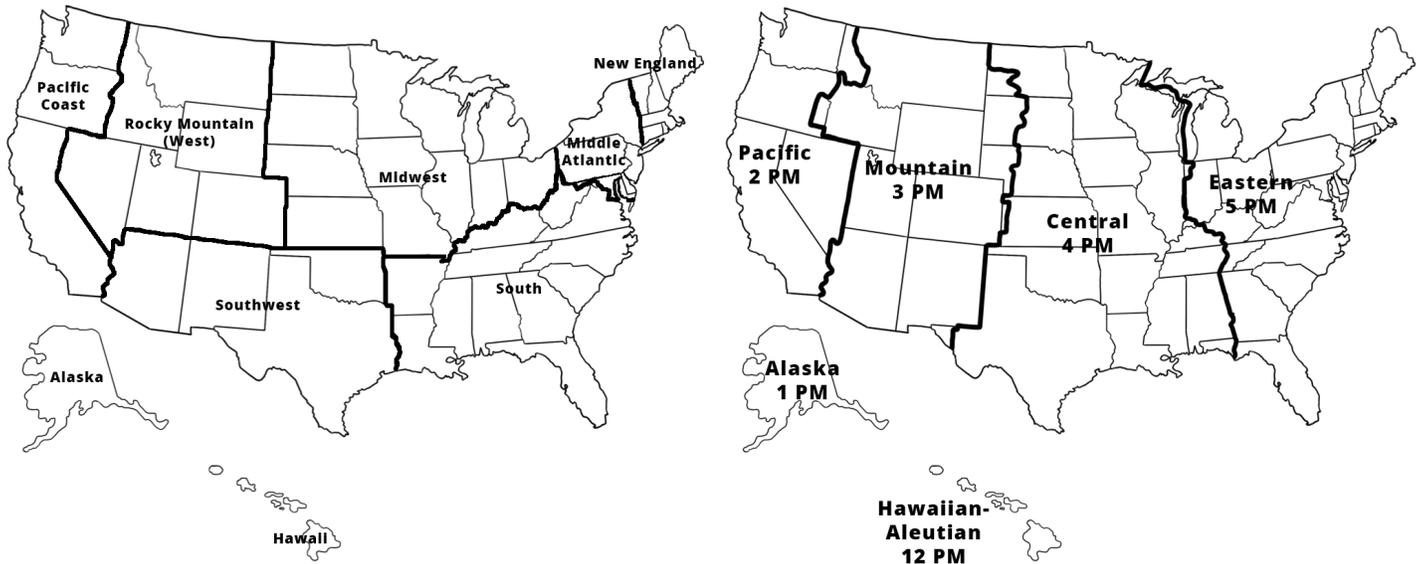
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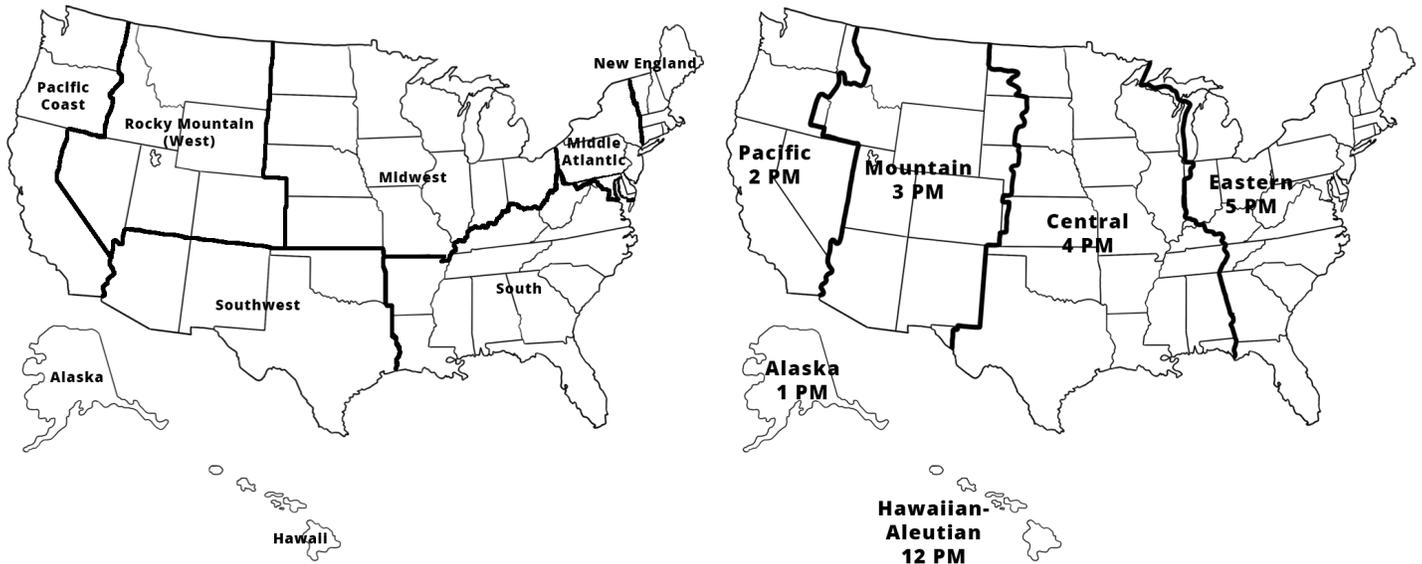


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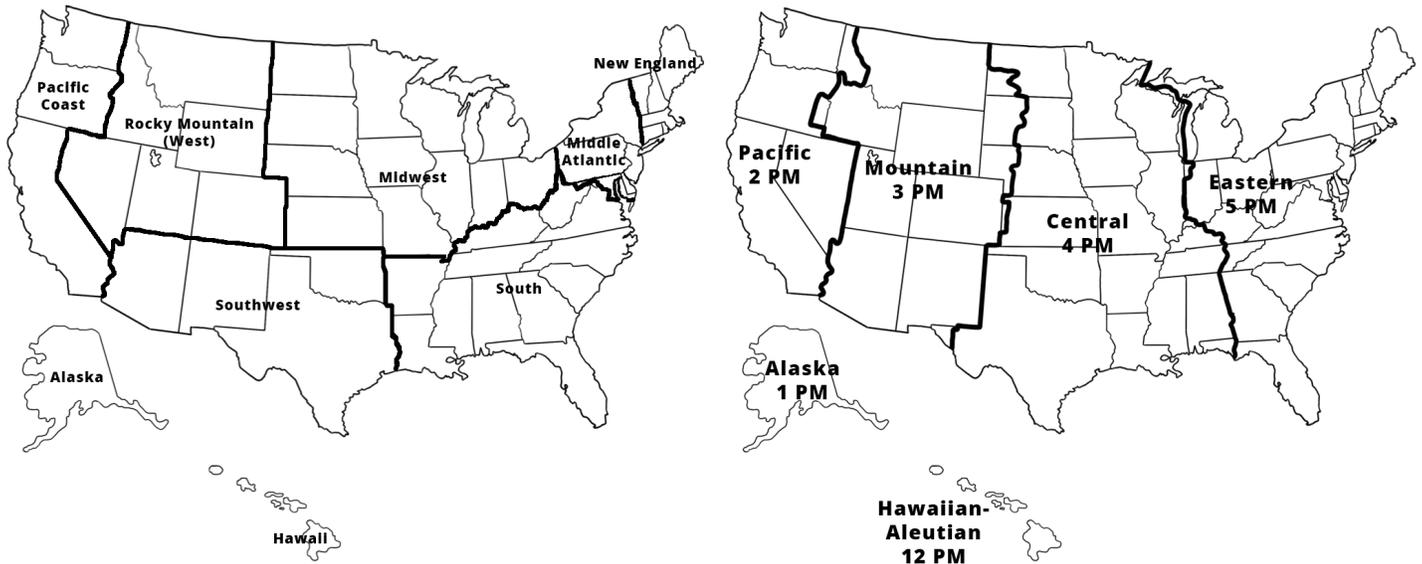
# United States of America

State	Capital	Region	Time Zone	Abbreviation
Alabama	Montgomery	South	Central	AL
Alaska	Juneau	---	Alaska	AK
Arizona	Phoenix	Southwest	Mountain	AZ
Arkansas	Little Rock	South	Central	AR
California	Sacramento	Pacific Coast	Pacific	CA
Colorado	Denver	Rocky Mountain (West)	Mountain	CO
Connecticut	Hartford	New England	Eastern	CT
Delaware	Dover	Middle Atlantic	Eastern	DE
Florida	Tallahassee	South	Eastern, Central	FL
Georgia	Atlanta	South	Eastern	GA
Hawaii	Honolulu	---	Hawaiian-Aleutian	HI
Idaho	Boise	Rocky Mountain (West)	Mountain, Pacific	ID
Illinois	Springfield	Midwest	Central	IL
Indiana	Indianapolis	Midwest	Eastern, Central	IN
Iowa	Des Moines	Midwest	Central	IA



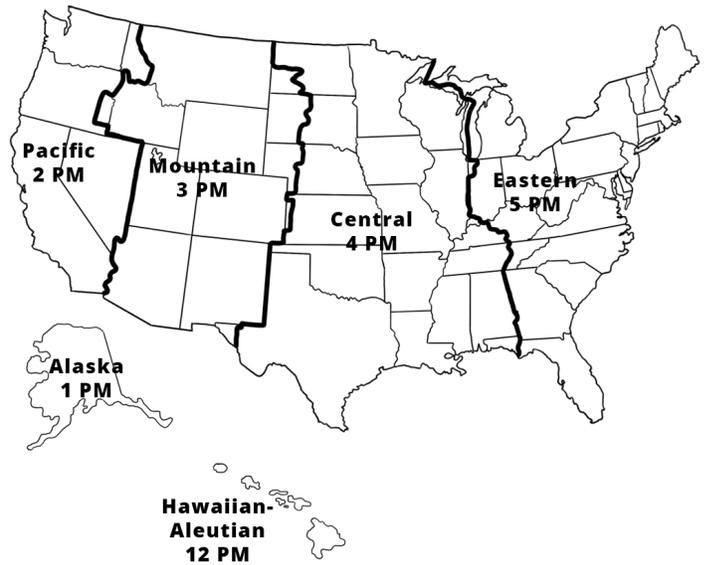
# United States of America

State	Capital	Region	Time Zone	Abbreviation
Kansas	Topeka	Midwest	Central, Mountain	KS
Kentucky	Frankfort	South	Eastern, Central	KY
Louisiana	Baton Rouge	South	Central	LA
Maine	Augusta	New England	Eastern	ME
Maryland	Annapolis	Middle Atlantic	Eastern	MD
Massachusetts	Boston	New England	Eastern	MA
Michigan	Lansing	Midwest	Eastern, Central	MI
Minnesota	Saint Paul	Midwest	Central	MN
Mississippi	Jackson	South	Central	MS
Missouri	Jefferson City	Midwest	Central	MO
Montana	Helena	Rocky Mountain (West)	Mountain	MT
Nebraska	Lincoln	Midwest	Central, Mountain	NE
Nevada	Carson City	Rocky Mountain (West)	Pacific	NV
New Hampshire	Concord	New England	Eastern	NH
New Jersey	Trenton	Middle Atlantic	Eastern	NJ



# United States of America

State	Capital	Region	Time Zone	Abbreviation
New Mexico	Santa Fe	Southwest	Mountain	NM
New York	Albany	Middle Atlantic	Eastern	NY
North Carolina	Raleigh	South	Eastern	NC
North Dakota	Bismarck	Midwest	Central, Mountain	ND
Ohio	Columbus	Midwest	Eastern	OH
Oklahoma	Oklahoma City	Southwest	Central	OK
Oregon	Salem	Pacific Coast	Mountain, Pacific	OR
Pennsylvania	Harrisburg	Middle Atlantic	Eastern	PA
Rhode Island	Providence	New England	Eastern	RI
South Carolina	Columbia	South	Eastern	SC
South Dakota	Pierre	Midwest	Central, Mountain	SD
Tennessee	Nashville	South	Eastern, Central	TN
Texas	Austin	Southwest	Central, Mountain	TX
Utah	Salt Lake City	Rocky Mountain (West)	Mountain	UT
Vermont	Montpelier	New England	Eastern	VT



# United States of America

State	Capital	Region	Time Zone	Abbreviation
Virginia	Richmond	South	Eastern	VA
Washington	Olympia	Pacific Coast	Pacific	WA
West Virginia	Charleston	South	Eastern	WV
Wisconsin	Madison	Midwest	Central	WI
Wyoming	Cheyenne	Rocky Mountain (West)	Mountain	WY



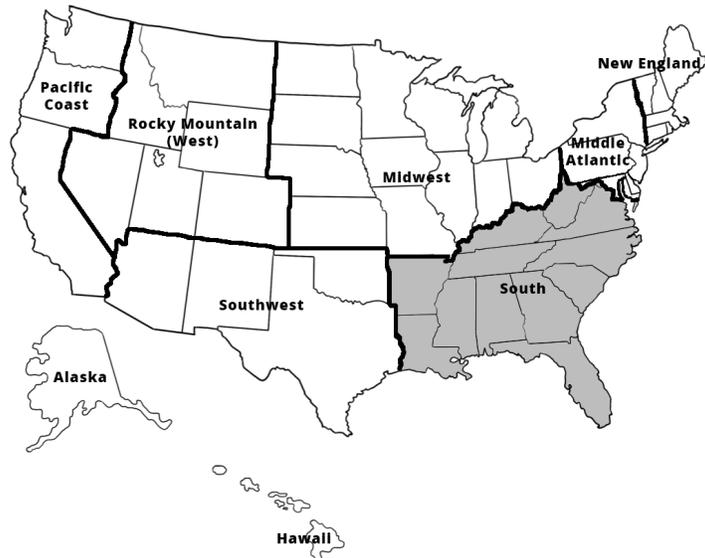
# New England

State	Capital	Region	Time Zone	Abbreviation
Connecticut	Hartford	New England	Eastern	CT
Maine	Augusta	New England	Eastern	ME
Massachusetts	Boston	New England	Eastern	MA
New Hampshire	Concord	New England	Eastern	NH
Rhode Island	Providence	New England	Eastern	RI
Vermont	Montpelier	New England	Eastern	VT



# Middle Atlantic

State	Capital	Region	Time Zone	Abbreviation
Delaware	Dover	Middle Atlantic	Eastern	DE
Maryland	Annapolis	Middle Atlantic	Eastern	MD
New Jersey	Trenton	Middle Atlantic	Eastern	NJ
New York	Albany	Middle Atlantic	Eastern	NY
Pennsylvania	Harrisburg	Middle Atlantic	Eastern	PA



# South

State	Capital	Region	Time Zone	Abbreviation
Alabama	Montgomery	South	Central	AL
Arkansas	Little Rock	South	Central	AR
Florida	Tallahassee	South	Eastern, Central	FL
Georgia	Atlanta	South	Eastern	GA
Kentucky	Frankfort	South	Eastern, Central	KY
Louisiana	Baton Rouge	South	Central	LA
Mississippi	Jackson	South	Central	MS
North Carolina	Raleigh	South	Eastern	NC
South Carolina	Columbia	South	Eastern	SC
Tennessee	Nashville	South	Eastern, Central	TN
Virginia	Richmond	South	Eastern	VA
West Virginia	Charleston	South	Eastern	WV



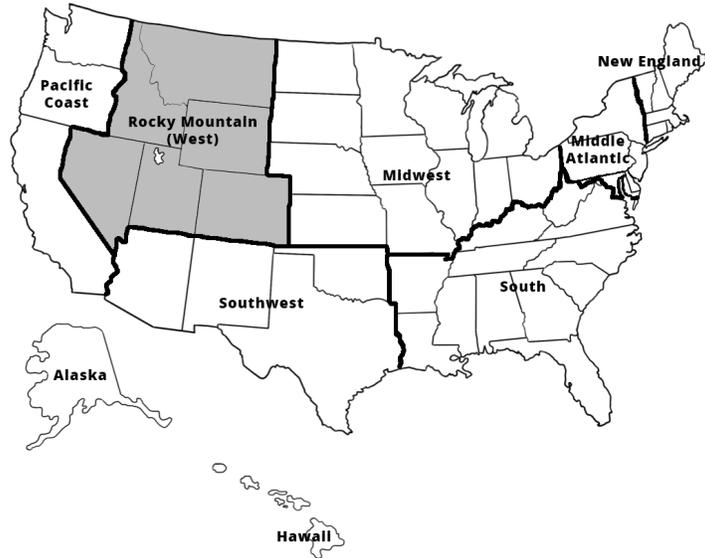
# Midwest

State	Capital	Region	Time Zone	Abbreviation
Illinois	Springfield	Midwest	Central	IL
Indiana	Indianapolis	Midwest	Eastern, Central	IN
Iowa	Des Moines	Midwest	Central	IA
Kansas	Topeka	Midwest	Central, Mountain	KS
Michigan	Lansing	Midwest	Eastern, Central	MI
Minnesota	Saint Paul	Midwest	Central	MN
Missouri	Jefferson City	Midwest	Central	MO
Nebraska	Lincoln	Midwest	Central, Mountain	NE
North Dakota	Bismarck	Midwest	Central, Mountain	ND
Ohio	Columbus	Midwest	Eastern	OH
South Dakota	Pierre	Midwest	Central, Mountain	SD
Wisconsin	Madison	Midwest	Central	WI



# Southwest

State	Capital	Region	Time Zone	Abbreviation
Arizona	Phoenix	Southwest	Mountain	AZ
New Mexico	Santa Fe	Southwest	Mountain	NM
Oklahoma	Oklahoma City	Southwest	Central	OK
Texas	Austin	Southwest	Central, Mountain	TX



# Rocky Mountain (West)

State	Capital	Region	Time Zone	Abbreviation
Colorado	Denver	Rocky Mountain (West)	Mountain	CO
Idaho	Boise	Rocky Mountain (West)	Mountain, Pacific	ID
Montana	Helena	Rocky Mountain (West)	Mountain	MT
Nevada	Carson City	Rocky Mountain (West)	Pacific	NV
Utah	Salt Lake City	Rocky Mountain (West)	Mountain	UT
Wyoming	Cheyenne	Rocky Mountain (West)	Mountain	WY



# Pacific Coast

State	Capital	Region	Time Zone	Abbreviation
California	Sacramento	Pacific Coast	Pacific	CA
Oregon	Salem	Pacific Coast	Mountain, Pacific	OR
Washington	Olympia	Pacific Coast	Pacific	WA