

| name          | abbr | capital      | most populous city | population | square miles | time zone 1   | time zone 2  | dst |
|---------------|------|--------------|--------------------|------------|--------------|---------------|--------------|-----|
| ALABAMA       | AL   | Montgomery   | Birmingham         | 4,708,708  | 52,423       | CST (UTC-6)   | EST (UTC-5)  | YES |
| ALASKA        | AK   | Juneau       | Anchorage          | 698,473    | 656,425      | AKST (UTC-09) | HST (UTC-10) | YES |
| ARIZONA       | AZ   | Phoenix      | Phoenix            | 6,595,778  | 114,006      | MT (UTC-07)   |              | NO  |
| ARKANSAS      | AR   | Little Rock  | Little Rock        | 2,889,450  | 53,182       | CST (UTC-6)   |              | YES |
| CALIFORNIA    | CA   | Sacramento   | Los Angeles        | 36,961,664 | 163,707      | PT (UTC-8)    |              | YES |
| COLORADO      | CO   | Denver       | Denver             | 5,024,748  | 104,100      | MT (UTC-07)   |              | YES |
| CONNECTICUT   | CT   | Hartford     | Bridgeport         | 3,518,288  | 5,544        | EST (UTC-5)   |              | YES |
| DELAWARE      | DE   | Dover        | Wilmington         | 885,122    | 1,954        | EST (UTC-5)   |              | YES |
| FLORIDA       | FL   | Tallahassee  | Jacksonville       | 18,537,969 | 65,758       | EST (UTC-5)   | CST (UTC-6)  | YES |
| GEORGIA       | GA   | Atlanta      | Atlanta            | 9,829,211  | 59,441       | EST (UTC-5)   |              | YES |
| HAWAII        | HI   | Honolulu     | Honolulu           | 1,295,178  | 10,932       | HST (UTC-10)  |              | NO  |
| IDAHO         | ID   | Boise        | Boise              | 1,545,801  | 83,574       | MT (UTC-07)   | PT (UTC-8)   | YES |
| ILLINOIS      | IL   | Springfield  | Chicago            | 12,910,409 | 57,918       | CST (UTC-6)   |              | YES |
| INDIANA       | IN   | Indianapolis | Indianapolis       | 6,423,113  | 36,420       | EST (UTC-5)   | CST (UTC-6)  | YES |
| IOWA          | IA   | Des Moines   | Des Moines         | 3,007,856  | 56,276       | CST (UTC-6)   |              | YES |
| KANSAS        | KS   | Topeka       | Wichita            | 2,818,747  | 82,282       | CST (UTC-6)   | MT (UTC-07)  | YES |
| KENTUCKY      | KY   | Frankfort    | Louisville         | 4,314,113  | 40,411       | EST (UTC-5)   | CST (UTC-6)  | YES |
| LOUISIANA     | LA   | Baton Rouge  | New Orleans        | 4,492,076  | 51,843       | CST (UTC-6)   |              | YES |
| MAINE         | ME   | Augusta      | Portland           | 1,318,301  | 35,387       | EST (UTC-5)   |              | YES |
| MARYLAND      | MD   | Annapolis    | Baltimore          | 5,699,478  | 12,407       | EST (UTC-5)   |              | YES |
| MASSACHUSETTS | MA   | Boston       | Boston             | 6,593,587  | 10,555       | EST (UTC-5)   |              | YES |
| MICHIGAN      | MI   | Lansing      | Detroit            | 9,969,727  | 96,810       | EST (UTC-5)   | CST (UTC-6)  | YES |

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| MINNESOTA      | MN   | Saint Paul     | Minneapolis        | 5,266,214  | 86,943       | CST (UTC-6) |             | YES |
| MISSISSIPPI    | MS   | Jackson        | Jackson            | 2,951,996  | 48,434       | CST (UTC-6) |             | YES |
| MISSOURI       | MO   | Jefferson City | Kansas City        | 5,987,580  | 69,709       | CST (UTC-6) |             | YES |
| MONTANA        | MT   | Helena         | Billings           | 974,989    | 147,046      | MT (UTC-07) |             | YES |
| NEBRASKA       | NE   | Lincoln        | Omaha              | 1,796,619  | 77,358       | CST (UTC-6) | MT (UTC-07) | YES |
| NEVADA         | NV   | Carson City    | Las Vegas          | 2,643,085  | 110,567      | PT (UTC-8)  | MT (UTC-07) | YES |
| NEW HAMPSHIRE  | NH   | Concord        | Machester          | 1,324,575  | 9,351        | EST (UTC-5) |             | YES |
| NEW JERSEY     | NJ   | Trenton        | Newark             | 8,707,739  | 8,722        | EST (UTC-5) |             | YES |
| NEW MEXICO     | NM   | Santa Fe       | Albuquerque        | 2,009,671  | 121,593      | MT (UTC-07) |             | YES |
| NEW YORK       | NY   | Albany         | New York           | 19,541,453 | 54,475       | EST (UTC-5) |             | YES |
| NORTH CAROLINA | NC   | Raleigh        | Charlotte          | 9,380,884  | 53,821       | EST (UTC-5) |             | YES |
| NORTH DAKOTA   | ND   | Bismarck       | Fargo              | 646,844    | 70,704       | CST (UTC-6) | MT (UTC-07) | YES |
| OHIO           | OH   | Columbus       | Columbus           | 11,542,645 | 44,828       | EST (UTC-5) |             | YES |
| OKLAHOMA       | OK   | Oklahoma City  | Oklahoma City      | 3,687,050  | 69,903       | CST (UTC-6) |             | YES |
| OREGON         | OR   | Salem          | Portland           | 3,825,657  | 98,386       | PT (UTC-8)  | MT (UTC-07) | YES |
| PENNSYLVANIA   | PA   | Harrisburg     | Philadelphia       | 12,604,767 | 46,058       | EST (UTC-5) |             | YES |
| RHODE ISLAND   | RI   | Providence     | Providence         | 1,053,209  | 1,545        | EST (UTC-5) |             | YES |
| SOUTH CAROLINA | SC   | Columbia       | Columbia           | 4,561,242  | 32,007       | EST (UTC-5) |             | YES |
| SOUTH DAKOTA   | SD   | Pierre         | Sioux Falls        | 812,383    | 77,121       | CST (UTC-6) | MT (UTC-07) | YES |
| TENNESSEE      | TN   | Nashville      | Memphis            | 6,296,254  | 42,146       | CST (UTC-6) | EST (UTC-5) | YES |
| TEXAS          | TX   | Austin         | Houston            | 24,782,302 | 268,601      | CST (UTC-6) | MT (UTC-07) | YES |

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| UTAH          | UT   | Salt Lake City | Salt Lake City     | 2,784,572  | 84,904       | MT (UTC-07) |             | YES |
| VERMONT       | VT   | Montpelier     | Burlington         | 621,760    | 9,615        | EST (UTC-5) |             | YES |
| VIRGINIA      | VA   | Richmond       | Virginia Beach     | 7,882,590  | 42,769       | EST (UTC-5) |             | YES |
| WASHINGTON    | WA   | Olympia        | Seattle            | 6,664,195  | 71,303       | PT (UTC-8)  |             | YES |
| WEST VIRGINIA | WV   | Charleston     | Charleston         | 1,819,777  | 24,231       | EST (UTC-5) |             | YES |
| WISCONSIN     | WI   | Madison        | Milwaukee          | 5,654,774  | 65,503       | CST (UTC-6) |             | YES |
| WYOMING       | WY   | Cheyenne       | Cheyenne           | 544,270    | 97,818       | MT (UTC-07) |             | YES |