

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
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

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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
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

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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