

| 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 |