

| name | abbr | capital |
|----------------|------|----------------|
| ALABAMA | AL | Montgomery |
| ALASKA | AK | Juneau |
| ARIZONA | AZ | Phoenix |
| ARKANSAS | AR | Little Rock |
| CALIFORNIA | CA | Sacramento |
| COLORADO | CO | Denver |
| CONNECTICUT | CT | Hartford |
| DELAWARE | DE | Dover |
| FLORIDA | FL | Tallahassee |
| GEORGIA | GA | Atlanta |
| HAWAII | HI | Honolulu |
| IDAHO | ID | Boise |
| ILLINOIS | IL | Springfield |
| INDIANA | IN | Indianapolis |
| IOWA | IA | Des Moines |
| KANSAS | KS | Topeka |
| KENTUCKY | KY | Frankfort |
| LOUISIANA | LA | Baton Rouge |
| MAINE | ME | Augusta |
| MARYLAND | MD | Annapolis |
| MASSACHUSETTS | MA | Boston |
| MICHIGAN | MI | Lansing |
| MINNESOTA | MN | Saint Paul |
| MISSISSIPPI | MS | Jackson |
| MISSOURI | MO | Jefferson City |
| MONTANA | MT | Helena |
| NEBRASKA | NE | Lincoln |
| NEVADA | NV | Carson City |
| NEW HAMPSHIRE | NH | Concord |
| NEW JERSEY | NJ | Trenton |
| NEW MEXICO | NM | Santa Fe |
| NEW YORK | NY | Albany |
| NORTH CAROLINA | NC | Raleigh |

| name | abbr | capital |
|----------------|------|----------------|
| NORTH DAKOTA | ND | Bismarck |
| OHIO | OH | Columbus |
| OKLAHOMA | OK | Oklahoma City |
| OREGON | OR | Salem |
| PENNSYLVANIA | PA | Harrisburg |
| RHODE ISLAND | RI | Providence |
| SOUTH CAROLINA | SC | Columbia |
| SOUTH DAKOTA | SD | Pierre |
| TENNESSEE | TN | Nashville |
| TEXAS | TX | Austin |
| UTAH | UT | Salt Lake City |
| VERMONT | VT | Montpelier |
| VIRGINIA | VA | Richmond |
| WASHINGTON | WA | Olympia |
| WEST VIRGINIA | WV | Charleston |
| WISCONSIN | WI | Madison |
| WYOMING | WY | Cheyenne |