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## 5 regions – one section each

**FREE  
PRINTABLE**

Northeast — 9 states

Connecticut - Hartford

Maine - Augusta

Massachusetts - Boston

New Hampshire - Concord

New Jersey - Trenton

New York - Albany

Pennsylvania - Harrisburg

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Southeast — 11 states

Alabama - Montgomery

Arkansas - Little Rock

Delaware - Dover

Florida - Tallahassee

Georgia - Atlanta

Kentucky - Frankfort

Louisiana - Baton Rouge

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Midwest — 12 states

Illinois - Springfield

Indiana - Indianapolis

Iowa - Des Moines

Kansas - Topeka

Michigan - Lansing

Minnesota - Saint Paul

Missouri - Jefferson City

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Southwest — 4 states

Arizona - Phoenix

New Mexico - Santa Fe

Oklahoma - Oklahoma City

Texas - Austin

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Oregon - Salem

Utah - Salt Lake City

Washington - Olympia

Wyoming - Cheyenne

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**Ditto**Sheets 

# All 50 States

every state and capital, grouped by region



Connecticut - Hartford

Maine - Augusta

Massachusetts - Boston

New Hampshire - Concord

New Jersey - Trenton

New York - Albany

Pennsylvania - Harrisburg

Rhode Island - Providence

Vermont - Montpelier

Southeast — 14 states

Alabama - Montgomery

Arkansas - Little Rock

Delaware - Dover

Florida - Tallahassee

Georgia - Atlanta

Kentucky - Frankfort

Louisiana - Baton Rouge

Maryland - Annapolis

Mississippi - Jackson

North Carolina - Raleigh

South Carolina - Columbia

Tennessee - Nashville

Virginia - Richmond

West Virginia - Charleston

Midwest — 12 states

Illinois - Springfield

Indiana - Indianapolis

Iowa - Des Moines

Kansas - Topeka

Michigan - Lansing

Minnesota - Saint Paul

Missouri - Jefferson City



Nebraska - Lincoln

North Dakota - Bismarck

Ohio - Columbus

South Dakota - Pierre

Wisconsin - Madison

Southwest — 4 states

Arizona - Phoenix

New Mexico - Santa Fe

Oklahoma - Oklahoma City

Texas - Austin

The West — 11 states

Alaska - Juneau

California - Sacramento

Colorado - Denver

Hawaii - Honolulu

Idaho - Boise

Montana - Helena

Nevada - Carson City

Oregon - Salem

Utah - Salt Lake City

Washington - Olympia

Wyoming - Cheyenne