



**Major Population Centers by
State and
Numbered Congressional District**

Alabama

- 1 Mobile, Prichard
- 2 Montgomery, Dothan, Prattville
- 3 Montgomery, Auburn
- 4 Gadsden, Albertville, Jasper
- 5 Huntsville, Decatur, Florence
- 6 Hoover, Birmingham, Vestavia Hills
- 7 Birmingham, Tuscaloosa, Bessemer

Alaska one district

Arizona

- 1 Flagstaff, Prescott
- 2 Glendale, Peoria
- 3 Phoenix, Paradise Valley
- 4 Phoenix, Glendale
- 5 Scottsdale, Tempe, Mesa Phoenix
- 6 Mesa, Chandler, Gilbert, Apache Junction
- 7 Tucson, Yuma, Avondale
- 8 Tucson, Casas Adobes, Catalina Foothills

Arkansas

- 1 Jonesboro, West Memphis
- 2 Little Rock, North Little Rock, Conway, Jacksonville
- 3 Fort Smith, Fayetteville, Springdale, Rogers
- 4 Pine Bluff, Hot Springs, Texarkana

California

1. Napa, Davis, Woodland
2. Redding, Chico, Yuba City
3. Citrus Heights, Arden-Arcade, Folsom
4. Roseville, Rocklin, Orangevale
5. Sacramento, Arden-Arcade
6. Santa Rosa, San Rafael, Petaluma
7. Vallejo, Richmond, Vacaville, Pittsburg
8. San Francisco
9. Oakland, Berkeley, Castro Valley
10. Fairfield, Antioch, Livermore, Concord
11. Stockton, Pleasanton, Lodi, Tracy
12. San Francisco, Daly City, San Mateo
13. Fremont, Hayward, San Leandro
14. Sunnyvale, Mountain View, Palo Alto, Redwood
15. San Jose, Santa Clara, Milpitas
16. San Jose, Alum Rock
17. Salinas, Santa Cruz, Watsonville
18. Stockton, Modesto, Merced
19. Fresno, Turlock, Modesto, Madera
20. Fresno, Bakersfield, Hanford, Delano
21. Visalia, Fresno, Clovis, Tulare
22. Bakersfield, Lancaster, Oildale
23. Oxnard, Santa Barbara, Santa Maria
24. Thousands Oaks, Simi Valley, Ventura
25. Santa Clarita, Palmdale, Victorville, Lancaster

California cont...

26. Rancho Cucamonga, Upland, Arcadia, Glendora
27. Los Angeles, Burbank
28. Los Angeles, San Fernando
29. Glendale, Pasadena, Alhambra, Burbank
30. Los Angeles, Santa Monica, West Hollywood
31. Los Angeles
32. El Monte, West Covina, Baldwin Park, Rosemead
33. Los Angeles, Culver City
34. Los Angeles, Downer, Bellflower
35. Los Angeles, Inglewood, Hawthorne
36. Los Angeles, Torrance, Redondo Beach, Manhattan Beach
37. Long Beach, Compton, Carson
38. Pomona, Norwalk, Pico Rivera, Montebello
39. South Gate, Lakewood, Lynwood, Whittier
40. Orange, Fullerton, Anaheim, Buena Park
41. Redlands, Hesperia, San Bernardino, Apple Valley
42. Mission Viejo, Chino, Chino Hills, La Habra, Yorba Linda, Diamond Bar, Anaheim
43. Ontario, San Bernardino, Fontana, Rialto
44. Riverside, Corona, San Clemente
45. Moreno Valley, Hemet, Indio, Murrieta
46. Huntington Beach, Costa Mesa, Long Beach
47. Santa Ana, Anaheim, Garden Grove
48. Irvine, Newport Beach, Tustin, Laguna Niguel
49. Oceanside, Vista, Temecula, Perris
50. San Diego, Escondido, Carlsbad, Encinitas
51. San Diego, Chula Vista, National City
52. San Diego, El Cajon, La Mesa, Santee
53. San Diego, Imperial Beach, Lemon Grove

Colorado

1. Denver, Englewood
2. Westminster, Boulder, Thornton
3. Pueblo, Grand Junction
4. Fort Collins, Greeley, Longmont, Loveland
5. Colorado Springs
6. Aurora, Highlands Ranch, Southglenn, Littleton
7. Aurora, Lakewood, Arvada

Connecticut

- 1 Hartford, West Hartford, Bristol, East Hartford, Central Manchester, Newington
- 2 Norwich, New London, Willimantic
- 3 New Haven, West Haven, Milford, Stratford, Middletown, Naugatuck
- 4 Bridgeport, Stamford, Norwalk, Trumbull, Shelton
- 5 Waterbury, Danbury, New Britain, Meriden, Torrington

Delaware one district

Florida

1. Pensacola, Ferry Pass, Brent
2. Tallahassee, Panama City
3. Jacksonville, Orlando, Pine Hills, Gainesville
4. Jacksonville, Jacksonville Beach
5. Spring Hill, Land O' Lakes
6. Jacksonville, Gainesville
7. Daytona Beach, Deltona, Ormond Beach, Palm Coast
8. Orlando, Ocee
9. Clearwater, Palm Harbor, East Lake
10. St. Petersburg, Largo, Pinellas Park
11. Tampa, Town n' Country, St. Petersburg
12. Brandon, Lakeland, Winter Haven
13. Sarasota, Bradenton, North Port
14. Cape Coral, Fort Meyers, North Fort Myers, Lehigh Acres
15. Palm Bay, Melbourne, Kissimmee
16. Port St. Lucie, Port Charlotte, Wellington
17. Miami, Hollywood, North Miami
18. Miami, Miami Beach, Coral Gables, Westchester
19. Coral Springs, Margate, Greenacres, Tamarac
20. Hollywood, Sunrise, Davie, Plantation, Weston
21. Hialeah, Kendall, Pembroke Pines, Fountainbleau
22. Fort Lauderdale, Boca Raton, Coral Springs Pompano Beach
23. Fort Lauderdale, West Palm Beach, Lauderdale, North Lauderdale
24. Port Orange, Titusville, Altamonte Springs, Oviedo
25. Kendale Lakes, Tamiami, The Hammocks, Kendall West

Georgia

1. Hinesville, Brunswick, Valdosta
2. Columbus, Albany, Valdosta
3. Macon, Warner Robins, Milledgeville
4. North Atlanta, Redan, Dunwoody, Candler-McAfee
5. Atlanta, Sandy Springs, East Point, Smyrna
6. Roswell, Sandy Springs, Alpharetta, Kennesaw
7. Duluth, Lawrenceville
8. Columbus, Peachtree City
9. Augusta-Richmond, Martinez, Evans
10. Dalton, Gainesville
11. Columbus, Marietta, Rome, Mableton
12. Augusta-Richmond, Savannah, Athens-Clarke
13. Forest Park, Griffin, Atlanta

Hawaii

1. Honolulu, Waipahu, Pearl City, Waimalu
2. Hilo, Kailua, Kaneohe, Kahului

Idaho

1. Boise City, Nampa, Meridian, Coeur d'Alene, Lewiston, Caldwell, Moscow
2. Boise City, Pocatello, Idaho Falls, Twin Falls

Illinois

1. Chicago, Oak Forest, Orland Park, Tinley Park, Blue Island
2. Chicago, Calumet City, Chicago Heights
3. Chicago, Oak Lawn, Berwyn, Burbank
4. Chicago, Cicero
5. Chicago, Elmwood Park, Franklin Park
6. Wheaton, Elmhurst, Lombard, Carol Stream
7. Chicago, Oak Park, Maywood
8. Schaumburg, Palatine, Hoffman Estates, Mundelein
9. Chicago, Evanston, Skokie, Des Plaines, Park Ridge, Niles, Morton Grove
10. Waukegan, Arlington Heights, Buffalo Grove, North Chicago
11. Joliet, Normal, Bloomington, Kankakee
12. Belleville, East St. Louis, Granite City, Alton
13. Naperville, Bolingbrook, Downers Grove, Aurora, Woodridge, Orland Park
14. Aurora, Elgin, DeKalb, Carpentersville, St. Charles, Batavia
15. Champaign, Urbana, Bloomington, Danville
16. Rockford, Crystal Lake, Freeport
17. Decatur, Moline, Quincy, Rock Island, Galesburg, Springfield
18. Peoria, Springfield, Pekin
19. Springfield, Collinsville, Edwardsville

Indiana

1. Gary, Hammond, Portage, East Chicago, Merrillville
2. South Bend, Elkhart, Mishawaka, Michigan City
3. Fort Wayne, Goshen
4. Lafayette, Indianapolis, Greenwood
5. Indianapolis, Fishers, Carmel, Marion
6. Muncie, Anderson, Richmond
7. Indianapolis, Lawrence
8. Evansville, Terre Haute, Vincennes
9. Bloomington, New Albany, Jeffersonville

Iowa

1. Davenport, Waterloo, Dubuque, Cedar Falls
2. Cedar Rapids, Iowa City, Burlington, Marion
3. Des Moines, West Des Moines, Urbandale
4. Ames, Mason City, Marshalltown, Fort Dodge
5. Sioux City, Council Bluffs

Kansas

1. Salina, Hutchinson, Garden City, Emporia, Dodge City
2. Topeka, Manhattan, Leavenworth
3. Overland Park, Kansas City, Olathe, Lawrence, Shawnee
4. Wichita

Kentucky

1. Hopkinsville, Henderson, Paducah
2. Owensboro, Bowling Green, Elizabethtown
3. Louisville, Jeffersontown
4. Covington, Florence, Ashland, Newport

Kentucky cont...

5. Somerset, Middlesboro, Corbin
6. Lexington-Fayette, Frankfort, Richmond

Louisiana

1. Metairie, Kenner, New Orleans
2. New Orleans, Marrero, Kenner
3. New Iberia, Houma, Chalmette
4. Shreveport, Bossier City, Natchitoches
5. Monroe, Alexandria
6. Baton Rouge, Shenandoah, Baker
7. Lafayette, Lake Charles, Opelousas

Maine

1. Portland, South Portland, Biddeford, Augusta, Saco
2. Lewiston, Bangor, Auburn

Maryland

1. Bel Air South, Severna Park, Bel Air North, Salisbury
2. Baltimore, Dundalk
3. Baltimore, Columbia, Annapolis
4. Silver Spring, Oxon Hill-Glassmanor, Suitland-Siver Hill
5. Bowie, St. Charles, Clinton, College Park
6. Frederick, Hagerstown, Eldersburg, Cumberland
7. Baltimore, Ellicott City, Columbia, Catonsville
8. Wheaton-Glenmont, Bethesda, Gaithersburg, Rockville

Massachusetts

1. Pittsfield, Leominster, Westfield, Holyoke, Fitchburg
2. Springfield, Chicopee, Northampton
3. Worcester, Fall River, Attleboro
4. New Bedford, Newton, Brookline, Taunton, Fall River
5. Lowell, Lawrence, Haverhill, Methuen, Bellerica
6. Lynn, Peabody, Salem, Beverly
7. Framingham, Waltham, Malden, Medford, Revere
8. Boston, Cambridge, Somerville
9. Boston, Brockton, Braintree, Randolph
10. Quincy, Weymouth, Plymouth, Barnstable

Michigan

1. Marquette, Sault Ste. Marie
2. Muskegon, Holland, Norton Shores
3. Grand Rapids, Wyoming, Kentwood, Walker
4. Midland, Mount Pleasant
5. Flint, Saginaw, Bay City, Burton
6. Kalamazoo, Portage, Niles, Sturgis
7. Battle Creek, Jackson, Adrian
8. Lansing, East Lansing, Okemos
9. Farmington Hills, Troy, Rochester Hills, Pontiac, Waterford, West Bloomfield, Royal Oak
10. Sterling Heights, Shelby, Port Huron
11. Livonia, Westland, Canton
12. Warren, Clinton, Southfield, St. Clair Shores, Roseville
13. Detroit, Lincoln Park

Michigan cont...

14. Detroit, Dearborn, Southgate, Allen Park
15. Ann Arbor, Taylor, Dearborn Heights, Dearborn

Minnesota

1. Rochester, Mankato, Winona, Austin
2. Eagan, Burnsville, Apple Valley, Lakeville
3. Bloomington, Brooklyn Park, Plymouth, Coon Rapids
4. St. Paul, Maplewood, Roseville, Oakdale
5. Minneapolis, St. Louis Park, Richfield
6. St. Cloud, Blaine, Woodbury, Andover
7. Moorhead, Willmar
8. Duluth, Hibbing, Brainerd

Mississippi

1. Tupelo, Southaven, Columbus
2. Jackson, Greenville, Vicksburg, Clinton
3. Meridian, Jackson, Pearl
4. Gulfport, Biloxi, Hattiesburg, Pascagoula

Missouri

1. St. Louis, Florissant, Hazelwood
2. St. Charles, St. Peters, Chesterfield, O'Fallon
3. St. Louis, Oakville, Mehlville
4. Jefferson City, Sedalia
5. Kansas City, Independence, Lee's Summit, Raytown
6. Kansas City, St. Joseph, Blue Springs
7. Springfield, Joplin
8. Cape Girardeau, Sikeston
9. Columbia, Hannibal

Montana one district**Nebraska**

1. Lincoln, Fremont, Norfolk, Beatrice
2. Omaha, Bellevue, Papillion
3. Grand Isle, Kearney, Hastings, North Platte

Nevada

1. Las Vegas, North Las Vegas, Paradise
2. Reno, Sparks, Carson City
3. Henderson, Spring Valley, Las Vegas

New Hampshire

1. Manchester, Rochester, Dover, Derry
2. Nashua, Concord, Keene, Claremont

New Jersey

1. Camden, Pennsauken, Glassboro
2. Vineland, Atlantic City, Millville
3. Toms River, Springdale
4. Trenton, Lakewood, Mercerville-Hamilton Square
5. West Milford, Bergenfield, Paramus
6. Edison, New Brunswick, Plainfield, Sayreville, Long Branch
7. Edison, Westfield, Union, Scotch Plains
8. Paterson, Clifton, Passaic, Wayne, Bloomfield, West Orange
9. Jersey City, Hackensack, Teaneck, Kearny, Fort Lee, Fair Lawn
10. Newark, Elizabeth, East Orange, Jersey City

New Jersey cont...

11. Morristown, Dover, Madison
12. Trenton, East Brunswick, North Brunswick, Ewing
13. Jersey City, Newark, Union City, Bayonne, Perth Amboy, West New York

New Mexico

1. Albuquerque, South Valley
2. Las Cruces, Roswell, Alamogordo, Hobbs
3. Santa Fe, Rio Rancho, Farmington, Clovis, Gallup

New York

1. Coram, Centereach
2. Brentwood, Commack, Central Islip, Huntington Station
3. Levittown, Hicksville, Long Beach, West Islip
4. Hempstead, East Meadow, Valley Stream, Freeport
5. New York, Port Washington, Great Neck
6. New York
7. New York
8. New York
9. New York
10. New York
11. New York
12. New York
13. New York
14. New York
15. New York
16. New York
17. New York, Yonkers, Mount Vernon, Spring Valley
18. Yonkers, New Rochelle, White Plains
19. Peekskill, Jefferson Valley-Yorktown, Beacon
20. Saratoga Springs, Glenn Falls
21. Albany, Schenectady, Troy, Rotterdam
22. Binghamton, Poughkeepsie, Ithaca
23. Watertown, Plattsburgh, Oswego
24. Utica, Rome, Auburn, Cortland
25. Syracuse, Irondequoit, Fairmont
26. North Tonawanda, Lockport, Batavia
27. Buffalo, Cheektowaga, West Seneca, Jamestown
28. Rochester, Buffalo, Niagara Falls
29. Elmira, Brighton, Orlean

North Carolina

1. Goldsboro, Rocky Mount, Wilson, Greenville
2. Fayetteville, Raleigh, Fort Bragg, Sanford
3. Jacksonville, Greenville, Wilson
4. Durham, Cary, Chapel Hill, Raleigh
5. Winston-Salem, Statesville, Kernersville
6. Greensboro, High Point, Asheboro
7. Wilmington, Lumberton, Fayetteville
8. Charlotte, Concord, Fayetteville
9. Charlotte, Gastonia, Huntersville
10. Hickory, Shelby, Mooresville, Morganton
11. Asheville, Hendersonville, Waynesville
12. Charlotte, Winston-Salem, Greensboro, High Point, Salisbury
13. Raleigh, Greensboro, Burlington

North Dakota one district**Ohio**

1. Cincinnati, Norwood, Forest Park
2. Cincinnati, Portsmouth, Lebanon
3. Dayton, Kettering, Trotwood
4. Mansfield, Lima, Findlay, Marion
5. Bowling Green, Tiffin, Fremont, Perrysburg
6. Boardman, Athens, Steubenville
7. Springfield, Columbus, Beavercreek, Lancaster, Fairborn, Xenia
8. Hamilton, Middletown, Fairfield, Huber Heights, Dayton
9. Toledo, Sandusky, Oregon, Sylvania
10. Cleveland, Parma, Lakewood, North Olmstead, Westlake
11. Cleveland, Euclid, Cleveland Heights, Shaker Heights, East Cleveland, Maple Heights
12. Columbus, Westerville, Gahanna, Reynoldsburg, Dublin
13. Akron, Lorain, Elyria, Cuyahoga Falls, Brunswick, Strongsville
14. Mentor, Stow, Willoughby, Hudson
15. Columbus, Upper Arlington, Grove City, Hilliard
16. Canton, Massillon, Medina, Wooster
17. Akron, Youngstown, Warren
18. Zanesville, Chillicothe, Newark

Oklahoma

1. Tulsa, Broken Arrow, Bartlesville
2. Muskogee, McAlester, Claremore
3. Enid, Stillwater, Ponca City, Altus
4. Norman, Lawton, Oklahoma City, Midwest City, Moore
5. Oklahoma City, Edmond, Shawnee

Oregon

1. Beaverton, Portland, Hillsboro, Aloha
2. Medford, Bend, Grants Pass, Altamont
3. Portland, Gresham
4. Eugene, Springfield, Albany, Corvallis, Roseburg
5. Salem, Lake Oswego, Keizer

Pennsylvania

1. Philadelphia, Chester
2. Philadelphia
3. Erie, Sharon
4. Ross Township, Shaler Township, McCandless Township
5. State College, St. Mary's
6. Reading, Norristown
7. Radnor Township, Drexel Township, Springfield
8. Levittown, Philadelphia, Morrisville
9. Altoona, Chambersburg
10. Williamsport, Back Mountain
11. Scranton, Wilkes-Barre, Hazelton
12. Johnstown, Washington
13. Philadelphia, Lansdale
14. Pittsburg, Penn Hills, McKeesport
15. Allentown, Bethlehem, Easton
16. Lancaster, Reading, West Chester
17. Harrisburg, Lebanon, Pottsville
18. Bethel Park, Mount Lebanon, Monroeville
19. York, Carlisle

Rhode Island

1. Pawtucket, Providence, East Providence, Woonsocket, North Providence, Newport
2. Providence, Warwick, Cranston,

South Carolina

1. Charleston, Mount Pleasant, North Charleston, Goose Creek
2. Columbia, Hilton Head Island
3. Anderson, Aiken, Greenwood, Easley
4. Greenville, Spartanburg, Wade Hampton
5. Rock Hill, Sumter, Gaffney
6. Columbia, North Charleston, Florence, Charleston

South Dakota one district**Tennessee**

1. Johnson City, Kingsport, Morristown
2. Knoxville, Maryville, Farragut
3. Chattanooga, Cleveland, Oak Ridge
4. Columbia, Tullahoma
5. Nashville-Davidson, Lebanon
6. Murfreesboro, Hendersonville, Smyrna
7. Clarksville, Bartlett, Germantown, Franklin
8. Jackson, Memphis, Clarksville
9. Memphis

Texas

1. Texarkana, Nacogdoches, Paris, Greenville
2. Huntsville, Lufkin, Orange
3. Plano, Garland, Richardson, Dallas, Allen
4. Tyler, Longview, Sherman
5. Dallas, Mesquite, Garland, Balch Springs
6. Arlington, Fort Worth, Mansfield
7. Houston, Mission Bend
8. Houston, The Woodlands, Conroe
9. Beaumont, Port Arthur, Galveston, League City, Texas City, Friendswood
10. Austin, Pflugerville
11. Waco, Killeen, Temple
12. Fort Worth, North Richland Hills, Haltom City, Hurst
13. Amarillo, Wichita Falls, Plainview
14. Victoria, San Marcos, Sequin
15. McAllen, Edinburg, Pharr
16. El Paso, Socorro
17. Abilene, San Angelo, Brownwood
18. Houston
19. Lubbock, Midland, Odessa, Big Spring
20. San Antonio
21. San Antonio, Austin, New Braunfels, Kerrville
22. Sugar Land, Missouri City, Houston
23. Laredo, San Antonio, Del Rio
24. Fort Worth, Arlington, Dallas, Grand Prairie, Duncanville
25. Houston, Pasadena
26. Denton, Lewisville, Carrollton, Flower Mound
27. Corpus Christi, Brownsville, Harlingen
28. San Antonio, Alice
29. Houston, Pasadena, Cloverleaf
30. Dallas, Irving, DeSoto
31. College Station, Bryan, Round Rock, Cedar Park
32. Dallas, Carrollton, Richardson

Utah

1. Salt Lake City, Ogden, Layton, Logan
2. Sandy, Salt Lake City, St. George, Murray
3. West Valley City, Provo, Orem, West Jordan, Taylorsville

Vermont one district**Virginia**

1. Newport News, Hampton, Fredericksburg
2. Virginia Beach, Norfolk, Hampton
3. Richmond, Norfolk, Newport News, Portsmouth, Hampton
4. Chesapeake, Suffolk, Petersburg
5. Danville, Charlottesville
6. Roanoke, Lynchburg, Harrisonburg, Cave Spring
7. Richmond, Tuckahoe, Mechanicsville
8. Arlington, Alexandria
9. Blacksburg, Bristol, Christiansburg
10. Chantilly, McLean, Manassas, Centreville
11. Burke, Dale City, Annandale

Washington

1. Kirkland, Edmonds, Shoreline, Seattle Hill-Silver Firs, Redmond
2. Everett, Bellingham, Mount Vernon
3. Vancouver, Olympia, Longview
4. Yakima, Kennewick, Richland, Pasco
5. Spokane, Walla Walla, Opportunity, Pullman
6. Tacoma, Bremerton, University Place, Lakewood, Port Angeles
7. Seattle, White Center
8. Bellevue, Kent, Sammamish, South Hill
9. Federal Way, Kent, Puyallup, Lakewood, Des Moines, Lacey

West Virginia

1. Parkersburg, Wheeling, Morgantown, Weirton
2. Charleston, Martinsburg, South Charleston
3. Huntington, Beckley, Bluefield

Wisconsin

1. Kenosha, Racine, Janesville, Greenfield
2. Madison, Beloit, Fitchburg
3. Eau Claire, La Crosse, Menomonie
4. Milwaukee, South Milwaukee
5. Waukesha, Wauwatosa, Brookfield, Menomonee Falls
6. Oshkosh, Sheboygan, Fond du Lac
7. Wausau, Superior, Stevens Point
8. Green Bay, Appleton, De Pere

Wyoming one district**District of Columbia** one district**American Samoa** one district**Guam** one district**Puerto Rico** one district**Virgin Island** one district