
THE MID-ATLANTIC STATES

THE “TYPICALLY AMERICAN” REGION



SHIFTING CONTAINERS AT PORT NEWARK-ELIZABETH MARINE TERMINAL, PART OF PORT OF NEW YORK AND NEW JERSEY



NEW YORK CITY



PHILADELPHIA



BALTIMORE



WASHINGTON D.C.



METROPOLITAN AREAS WITH MORE THAN 1,000,000 PEOPLE:

- New York-Newark-Bridgeport, NY-NJ-CT-PA CSA
- Washington-Baltimore-Northern Virginia, DC-MD-VA-WV CSA
- Philadelphia-Camden-Wilmington, PA-NJ-DE-MD CSA
- Pittsburgh-New Castle, PA MSA

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- Virginia Beach-Norfolk-Newport News, VA-NC MSA
 - Richmond-Petersburg, VA MSA
 - Buffalo-Niagara-Cattaraugus, NY CSA
 - Albany-Schenectady-Amsterdam, NY CSA
 - Rochester-Batavia-Seneca Falls, NY CSA

LARGE CITIES

- Arlington
- Baltimore
- Buffalo
- Chesapeake
- Erie, Pennsylvania
- Jersey City
- New York City

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- Newark
 - Norfolk
 - Pittsburgh
 - Philadelphia
 - Richmond
 - Rochester
 - Virginia Beach
 - Washington, D.C.

STATE CAPITALS

- Albany, New York
- Annapolis, Maryland
- Charleston, West Virginia
- Dover, Delaware
- Harrisburg, Pennsylvania
- Richmond, Virginia
- Trenton, New Jersey