



WHEN KEEPING IT COLD COUNTS

## Estimated Day of Delivery (For LTL Shipments)

### SO. CALIFORNIA

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: Los Angeles Metro**

**Pick-Up Days: Thursday & Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama (Northern)	Tuesday / Wednesday	Nebraska	Tuesday
Alabama (Southern)	Tuesday / Wednesday	Nevada	No Regular Service
Arizona	No Regular Service	New Hampshire	Thursday
Arkansas	Monday	New Jersey	Wednesday
California (North)	Please Call	New Mexico	No Regular Service
California (South)	Please Call	New York (Eastern)	Thursday
Colorado (Denver)	Monday	New York (Western)	Wednesday
Colorado (All other areas)	No Regular Service	North Carolina	Wednesday
Connecticut	Wednesday / Thursday	North Dakota	Tuesday / Wednesday
Delaware	Wednesday / Thursday	Ohio (Northern)	Thursday
Florida (East)	Wednesday / Thursday	Ohio (Southern)	Thursday
Florida (West)	Wednesday / Thursday	Oklahoma	Monday
Georgia (Atlanta Area)	Tuesday / Wednesday	Oregon	Monday
Georgia (So. State)	Tuesday / Wednesday	Pennsylvania	Wednesday
Idaho	No Regular Service	Rhode Island	Thursday
Illinois	Tuesday / Wednesday	South Carolina	Wednesday
Indiana	Tuesday / Wednesday	South Dakota	Tuesday / Wednesday
Iowa	Monday / Tuesday	Tennessee (Eastern)	Wednesday
Kansas (Kansas City)	Tuesday	Tennessee (Western)	Tuesday
Kansas (Other Parts)	Tuesday	Texas (Dallas Area)	Monday / Tuesday
Kentucky (Louisville Area)	Tuesday	Texas (Houston Area)	Monday / Tuesday
Kentucky (Other Parts)	Wednesday	Texas (Other)	Monday / Tuesday
Louisiana	Wednesday	Utah	Please Call
Maine	Thursday / Friday	Vermont	Wednesday
Maryland	Wednesday / Thursday	Virginia	Wednesday
Massachusetts	Thursday	Washington	Monday / Tuesday
Michigan	Wednesday	West Virginia	No Regular Service
Minnesota	Tuesday / Wednesday	Wisconsin	Wednesday
Mississippi	Wednesday	Wyoming	No Regular Service
Missouri (St. Louis Area)	Tuesday		
Missouri (Other Parts)	Tuesday		
Montana	No Regular Service		



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## Estimated Day of Delivery (For LTL Shipments)

### CAROLINA'S / GEORGIA

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: NC, N. GA, SC**

**Pick-Up Days: Thursday & Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama (Northern)	Monday / Tuesday	Nevada	Wednesday / Thursday
Alabama (Southern)	Tuesday / Wednesday	New Hampshire	Tuesday / Wednesday
Arizona	Tuesday / Wednesday	New Jersey	Monday / Tuesday / Wednesday
Arkansas	Monday / Tuesday	New Mexico	Tuesday / Wednesday
California (North)	Thursday/Friday	New York (Eastern)	Monday/Tuesday/Wednesday
California (South)	Thursday/Friday	New York (Western)	Monday/Tuesday/Wednesday
Colorado	Tuesday / Wednesday	North Carolina	Monday / Tuesday /Wednesday
Connecticut	Monday / Tuesday	North Dakota	Tuesday / Wednesday
Delaware	Tuesday / Wednesday	Ohio (Northern)	Monday / Tuesday
Florida	Tuesday / Wednesday	Ohio (Southern)	Monday / Tuesday
Florida (Panhandle)	Tuesday / Wednesday	Oklahoma	Monday / Tuesday
Georgia (Atlanta Area)	Monday / Tuesday	Oregon	Thursday / Friday
Georgia (So. State)	Monday / Tuesday	Pennsylvania	Monday/Tuesday/Wednesday
Idaho	Tuesday / Wednesday	Rhode Island	Tuesday / Wednesday
Illinois	Monday / Tuesday	South Carolina	Monday / Tuesday /Wednesday
Indiana	Monday / Tuesday	South Dakota	Tuesday / Wednesday
Iowa	Monday / Tuesday	Tennessee (Eastern)	Monday / Tuesday
Kansas (Kansas City)	Tuesday / Wednesday	Tennessee (Western)	Tuesday / Wednesday
Kansas (Other Parts)	Tuesday / Wednesday	Texas (Dallas Area)	Tuesday / Wednesday
Kentucky (Louisville Area)	Monday / Tuesday	Texas (Houston Area)	Tuesday / Wednesday
Kentucky (Other Parts)	Monday / Tuesday	Texas (Other)	Tuesday / Wednesday
Louisiana	Tuesday / Wednesday	Utah	Tuesday / Wednesday
Maine	Tuesday / Wednesday	Vermont	Tuesday / Wednesday
Maryland	Tuesday / Wednesday	Virginia	Monday / Tuesday
Massachusetts	Tuesday / Wednesday	Virginia (Charlottesville/West)	Tuesday / Wednesday
Michigan	Tuesday / Wednesday	Washington	Friday
Minnesota	Tuesday / Wednesday	Washington D.C.	Monday / Tuesday
Mississippi	Monday/Tuesday/Wednesday	West Virginia	Monday / Tuesday
Missouri (St. Louis Area)	Monday/Tuesday/Wednesday	Wisconsin	Wednesday
Missouri (Other Parts)	Monday/Tuesday/Wednesday	Wyoming	Wednesday / Thursday
Montana	Tuesday / Wednesday		
Nebraska	Monday / Tuesday		



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## Estimated Day of Delivery (For LTL Shipments) FLORIDA / GULF COAST

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: AL, FL, S. GA, S. MS**

**Pick-Up Days: Thursday & Friday, for delivery of following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama (Northern)	Monday / Tuesday	Nevada	Wednesday / Thursday
Alabama (Southern)	Monday / Tuesday	New Hampshire	Tuesday / Wednesday
Arizona	Wednesday / Thursday	New Jersey	Monday / Tuesday
Arkansas	Tuesday / Wednesday	New Mexico	Tuesday / Wednesday
California (North)	Thursday / Friday	New York (Eastern)	Tuesday / Wednesday
California (South)	Thursday / Friday	New York (Western)	Tuesday / Wednesday
Colorado	Tuesday / Wednesday	North Carolina	Tuesday / Wednesday
Connecticut	Monday / Tuesday	North Dakota	Wednesday / Thursday
Delaware	Monday / Tuesday	Ohio (Northern)	Tuesday / Wednesday
Florida (Central)	Tuesday / Wednesday	Ohio (Southern)	Monday / Tuesday
Florida (North)	Monday / Tuesday	Oklahoma	Tuesday / Wednesday
Florida (South)	Tuesday / Wednesday	Oregon	Thursday / Friday
Georgia (Atlanta Area)	Monday / Tuesday	Pennsylvania	Tuesday / Wednesday
Georgia (So. State)	Monday / Tuesday	Rhode Island	Tuesday/Wednesday
Idaho	Wednesday / Thursday	South Carolina	Monday / Tuesday
Illinois	Tuesday / Wednesday	South Dakota	Wednesday / Thursday
Indiana	Tuesday / Wednesday	Tennessee (Eastern)	Tuesday / Wednesday
Iowa	Tuesday / Wednesday	Tennessee (Western)	Tuesday / Wednesday
Kansas (Kansas City)	Tuesday / Wednesday	Texas (Dallas Area)	Monday / Tuesday
Kansas (Other Parts)	Tuesday / Wednesday	Texas (Houston Area)	Monday / Tuesday
Kentucky (Louisville Area)	Monday / Tuesday	Texas (Other)	Tuesday / Wednesday
Kentucky (Other Parts)	Tuesday / Wednesday	Utah	Wednesday / Thursday
Louisiana	Tuesday / Wednesday	Vermont	Tuesday / Wednesday
Maine	Tuesday / Wednesday	Virginia	Tuesday / Wednesday
Maryland	Tuesday / Wednesday	Washington	Thursday / Friday
Massachusetts	Tuesday / Wednesday	West Virginia	Tuesday / Wednesday
Michigan	Tuesday / Wednesday	Wisconsin	Tuesday / Wednesday
Minnesota	Wednesday / Thursday	Wyoming	Wednesday / Thursday
Mississippi	Wednesday / Thursday		
Missouri (St. Louis Area)	Tuesday / Wednesday		
Missouri (Other Parts)	Tuesday / Wednesday		
Montana	Wednesday / Thursday		
Nebraska	Tuesday / Wednesday		



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## Estimated Day of Delivery (For LTL Shipments)

### MID-ATLANTIC

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: Delaware, Maryland, New Jersey, Pennsylvania, Virginia**

**Pick-Up Days: Thursday & Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama (Northern)	Monday / Tuesday	Nevada	Wednesday / Thursday
Alabama (Southern)	Tuesday / Wednesday	New Hampshire	Monday / Tuesday
Arizona	Wednesday / Thursday	New Jersey	Monday / Tuesday
Arkansas	Monday / Tuesday	New Mexico	Tuesday / Wednesday
California (North)	Thursday/Friday	New York (Eastern)	Monday/Tuesday/Wednesday
California (South)	Thursday/Friday	New York (Western)	Monday/Tuesday/Wednesday
Colorado	Tuesday / Wednesday	North Carolina	Monday / Tuesday
Connecticut	Monday / Tuesday	North Dakota	Tuesday / Wednesday
Delaware	Monday / Tuesday	Ohio (Northern)	Monday / Tuesday
Florida (East)	Monday / Tuesday	Ohio (Southern)	Monday / Tuesday
Florida (Panhandle)	Tuesday / Wednesday	Oklahoma	Tuesday/Wednesday
Georgia (Atlanta Area)	Monday/Tuesday	Oregon	Thursday / Friday
Georgia (So. State)	Monday/Tuesday	Pennsylvania	Monday / Tuesday
Idaho	Thursday / Friday	Rhode Island	Monday / Tuesday
Illinois	Monday / Tuesday	South Carolina	Tuesday / Wednesday
Indiana	Tuesday / Wednesday	South Dakota	Tuesday / Wednesday
Iowa	Monday / Tuesday	Tennessee (Eastern)	Monday / Tuesday
Kansas (Kansas City)	Tuesday / Wednesday	Tennessee (Western)	Tuesday / Wednesday
Kansas (Other Parts)	Wednesday	Texas (Dallas Area)	Tuesday / Wednesday
Kentucky (Louisville Area)	Monday / Tuesday	Texas (Houston Area)	Tuesday / Wednesday
Kentucky (Other Parts)	Tuesday/Wednesday	Texas (Other)	Tuesday / Wednesday / Thursday
Louisiana	Monday / Tuesday	Utah	Tuesday / Wednesday
Maine	Monday / Tuesday	Vermont	Tuesday / Wednesday
Maryland	Monday / Tuesday	Virginia	Monday / Tuesday
Massachusetts	Monday / Tuesday	Virginia (Charlottesville/West)	Monday / Tuesday
Michigan	Tuesday / Wednesday	Washington	Thursday / Friday
Minnesota	Tuesday / Wednesday	Washington D.C.	Monday / Tuesday
Mississippi	Monday/Tuesday/Wednesday	West Virginia	Monday / Tuesday
Missouri (St. Louis Area)	Monday/Tuesday/Wednesday	Wisconsin	Tuesday / Wednesday
Missouri (Other Parts)	Monday/Tuesday/Wednesday	Wyoming	Tuesday / Wednesday
Montana	Tuesday / Wednesday		
Nebraska	Monday / Tuesday		



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## Estimated Day of Delivery (For LTL Shipments)

### MIDWEST

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: Illinois, Indiana, Ohio, S. Michigan, St. Louis, MO Metro**

**Pick-Up Days: Wednesday/Thursday/Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama	Tuesday / Wednesday	Nevada	Tuesday / Wednesday / Thursday
Arkansas	Monday / Tuesday	New Hampshire	Tuesday / Wednesday
Arizona	Tuesday / Wednesday	New Jersey	Monday / Tuesday / Wednesday
California (Northern)	Wednesday / Thursday / Friday	New Mexico	Monday / Tuesday
California (Southern)	Wednesday / Thursday / Friday	New York	Monday / Tuesday / Wednesday
Colorado	Monday / Tuesday / Wednesday	North Carolina	Monday / Tuesday / Wednesday
Connecticut	Monday / Tuesday / Wednesday	North Dakota	Monday / Tuesday
Delaware	Tuesday / Wednesday	Ohio	Monday / Tuesday
Florida	Monday / Tuesday / Wednesday	Oklahoma	Monday / Tuesday
Georgia	Monday / Tuesday / Wednesday	Oregon	Thursday / Friday
Idaho	Tuesday / Wednesday / Thursday	Pennsylvania	Monday / Tuesday / Wednesday
Illinois	Monday / Tuesday / Wednesday	Rhode Island	Monday / Tuesday / Wednesday
Indiana	Monday / Tuesday	South Carolina	Monday / Tuesday / Wednesday
Iowa	Monday / Tuesday	South Dakota	Monday / Tuesday
Kansas	Monday / Tuesday / Wednesday	Tennessee	Monday / Tuesday
Kentucky	Monday / Tuesday / Wednesday	Texas	Monday / Tuesday / Wednesday
Louisiana	Tuesday / Wednesday	Utah	Tuesday / Wednesday
Maine	Tuesday / Wednesday	Vermont	Tuesday / Wednesday
Maryland	Monday / Tuesday / Wednesday	Virginia	Monday / Tuesday
Massachusetts	Monday / Tuesday / Wednesday	Washington	Wednesday / Thursday / Friday
Michigan	Monday / Tuesday	Washington D.C.	Monday / Tuesday
Minnesota	Monday / Tuesday / Wednesday	West Virginia	Monday / Tuesday
Mississippi	Monday / Tuesday / Wednesday	Wisconsin	Monday / Tuesday / Wednesday
Missouri	Monday / Tuesday / Wednesday	Wyoming	Monday / Tuesday
Montana	Tuesday / Wednesday		
Nebraska	Monday / Tuesday		



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## Estimated Day of Delivery (For LTL Shipments)

### NORTHEAST

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Upstate New York**  
**Pick-Up Days: Thursday & Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama (Northern)	Monday / Tuesday	Nevada	Tuesday / Wednesday
Alabama (Southern)	Tuesday / Wednesday	New Hampshire	Mon/Tues/Wed/Thur/Fri
Arizona	Wednesday / Thursday	New Jersey	Tuesday Wednesday
Arkansas	Monday / Tuesday	New Mexico	Tuesday / Wednesday
California (North)	Wednesday/Thursday/Friday	New York (Eastern)	Monday / Tues /Wednesday
California (South)	Wednesday/Thursday/Friday	New York (Western)	Monday / Tues /Wednesday
Colorado	Tuesday / Wednesday	North Carolina	Monday / Tuesday
Connecticut	Mon/Tues/Wed/Thur/Fri	North Dakota	Tuesday / Wednesday
Delaware	Mon/Tues/Wed/Thur/Fri	Ohio (Northern)	Monday / Tuesday
Florida (East)	Monday / Tuesday	Ohio (Southern)	Monday / Tuesday
Florida (West)	Monday / Tuesday	Oklahoma	Monday / Tuesday
Georgia (Atlanta Area)	Monday / Tuesday	Oregon	Thursday / Friday
Georgia (So. State)	Monday / Tuesday	Pennsylvania	Monday / Tuesday
Idaho	Wednesday / Thursday	Rhode Island	Monday / Tuesday
Illinois	Monday / Tuesday	South Carolina	Monday / Tuesday
Indiana	Monday / Tuesday	South Dakota	Tuesday / Wednesday
Iowa	Tuesday / Wednesday	Tennessee (Eastern)	Monday / Tuesday
Kansas (Kansas City)	Tuesday / Wednesday	Tennessee (Western)	Monday / Tuesday
Kansas (Other Parts)	Tuesday / Wednesday	Texas (Dallas Area)	Tuesday / Wednesday
Kentucky (Louisville Area)	Monday / Tuesday	Texas (Houston Area)	Tuesday / Wednesday
Kentucky (Other Parts)	Monday / Tuesday	Texas (Other)	Tuesday / Wednesday
Louisiana	Tuesday / Wednesday	Utah	Wednesday / Thursday
Maine	Wednesday / Thursday	Vermont	As Needed
Maryland	Tuesday / Wednesday	Virginia	Mon/Tues/Wed/Thur/Fri
Massachusetts	Mon/Tues/Wed/Thur/Fri	Washington	Thursday / Friday
Michigan	Monday/Tuesday	West Virginia	Monday / Tuesday
Minnesota	Monday / Tuesday	Wisconsin	Monday / Tuesday
Mississippi	Monday / Tuesday	Wyoming	Tuesday / Wednesday
Missouri (St. Louis Area)	Monday / Tuesday		
Missouri (Other Parts)	Monday / Tuesday		
Montana	Tuesday / Wednesday		
Nebraska	Tuesday / Wednesday		





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## Estimated Day of Delivery (For LTL Shipments) PACIFIC NORTHWEST

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: Oregon & Washington**

**Pick-Up Days: Thursday & Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama	Wednesday / Thursday	North Carolina	Thursday / Friday
Arizona	Tuesday / Wednesday	North Dakota	Monday / Tuesday
Arkansas	Tuesday / Wednesday	Ohio	Wednesday / Thursday
California	Monday / Tuesday	Oklahoma	Tuesday / Wednesday
Colorado	Monday / Tuesday	Oregon	<i>No Regular Service</i>
Connecticut	Thursday / Friday	Pennsylvania	Thursday / Friday
Delaware	Thursday / Friday	Rhode Island	Thursday / Friday
Florida	Thursday / Friday	South Carolina	Thursday / Friday
Georgia	Thursday / Friday	South Dakota	Monday / Tuesday
Idaho	<i>No Regular Service</i>	Tennessee	Wednesday / Thursday
Illinois	Tuesday / Wednesday	Texas	Wednesday / Thursday / Friday
Indiana	Wednesday / Thursday	Utah	Mon/Tues
Iowa	Tuesday / Wednesday	Vermont	Thursday / Friday
Kansas	Tuesday / Wednesday	Virginia	Thursday / Friday
Kentucky	Wednesday / Thursday	Washington	<i>No Regular Service</i>
Louisiana	Wednesday / Thursday	West Virginia	<i>No Regular Service</i>
Maine	Thursday / Friday	Wisconsin	Tuesday / Wednesday
Maryland	Thursday / Friday	Wyoming	<i>No Regular Service</i>
Massachusetts	Thursday / Friday		
Michigan	Wednesday / Thursday		
Minnesota	Tuesday / Wednesday		
Mississippi	Wednesday / Thursday		
Missouri	Tuesday / Wednesday		
Montana	<i>No Regular Service</i>		
Nebraska	Tuesday / Wednesday		
Nevada	<i>No Regular Service</i>		
New Hampshire	Thursday / Friday		
New Jersey	Thursday / Friday		
New Mexico	Tuesday / Wednesday		
New York	Wednesday / Thursday / Friday		



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## Estimated Day of Delivery (For LTL Shipments)

### TEXAS

Below is the estimated delivery day on which we provide service to the following states. Please understand that this schedule is based on weekly averages and special requests can often be accommodated if enough lead time is given.

**From: W. Arkansas, Louisiana, Southeast OK, Eastern Texas**

**Pick-Up Days: Thursday/Friday, for delivery of the following week**

<u>State</u>	<u>E.D.A.</u>	<u>State</u>	<u>E.D.A.</u>
Alabama	Monday/Tuesday	Nevada	Tuesday/Wednesday
Arkansas	Monday/Tuesday	New Hampshire	Wednesday/Thursday
Arizona	Tuesday/Wednesday	New Jersey	Tuesday/Wednesday
California (Northern)	Wednesday/Thursday	New Mexico	Monday/Tuesday
California (Southern)	Wednesday/Thursday	New York	Tuesday/Wednesday
Colorado	Monday/Tuesday	North Carolina	Tuesday/Wednesday
Connecticut	Wednesday/Thursday	North Dakota	Tuesday/Wednesday
Delaware	Tuesday/Wednesday	Ohio	Tuesday/Wednesday
District of Columbia	Tuesday/Wednesday	Oklahoma	Monday/Tuesday
Florida	Tuesday/Wednesday	Oregon	Thursday/Friday
Georgia	Monday/Tuesday	Pennsylvania	Tuesday/Wednesday
Idaho	Tuesday/Wednesday	Rhode Island	Wednesday/Thursday
Illinois	Monday/Tuesday	South Carolina	Tuesday/Wednesday
Indiana	Monday/Tuesday	South Dakota	Tuesday/Wednesday
Iowa	Monday/Tuesday	Tennessee	Monday/Tuesday
Kansas	Monday/Tuesday	Texas	Monday/Tuesday/Wednesday
Kentucky	Monday/Tuesday	Utah	Tuesday/Wednesday
Louisiana	Monday/Tuesday	Vermont	Wednesday/Thursday
Maine	Wednesday/Thursday	Virginia	Tuesday/Wednesday
Maryland	Tuesday/Wednesday	Washington	Thursday/Friday
Massachusetts	Wednesday/Thursday	West Virginia	Tuesday/Wednesday
Michigan	Tuesday/Wednesday	Wisconsin	Tuesday/Wednesday
Minnesota	Tuesday/Wednesday	Wyoming	Tuesday/Wednesday
Mississippi	Monday/Tuesday		
Missouri	Monday/Tuesday		
Montana	Tuesday/Wednesday		
Nebraska	Monday/Tuesday		