

RLS Logistics Refrigerated (33 Degrees) LTL Service Schedule

State	Ship Day for RLS NJ Cold Storage Customers	Ship Day for RLS PA Cold Storage Customers	LTL Pick Up Day	Arrival Day
Alabama	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Arkansas	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Arizona				Wed/Thurs
California				Thurs. / Fri.
Colorado				Tues/Wed
Connecticut*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
Delaware*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
Florida	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Georgia	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Idaho				Wed/Thurs
Illinois (Southern & Western)				Mon/Tues
Illinois (Chicago / Northern)				Thurs. / Fri.
Indiana				Wed/Thurs
Iowa				Tues/Wed
Kansas				Tues/Wed
Kentucky	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Louisiana	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Maine*	Tues.	Mon.	Thurs. / Fri.	Thurs. / Fri.
Maryland*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
Massachusetts*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
Michigan				Thurs. / Fri.
Minnesota				Wed. / Thurs.
Mississippi	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Missouri				Tues/Wed
Montana				Wed/Thurs
Nebraska				Mon/Tues
Nevada				Wed/Thurs
New Hampshire*	Tues.	Mon.	Thurs. / Fri.	Thurs. / Fri.
New Jersey*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
New Mexico				Thurs. / Fri.
New York*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
North Carolina	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
North Dakota				Tues/Wed
Ohio				Wed. / Thurs.
Oklahoma	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Oregon				Thurs. / Fri.
Pennsylvania*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
Rhode Island*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
South Carolina	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
South Dakota				Wed. / Thurs.
Tennessee	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Texas	Thurs. / Fri.	Weds. / Thurs. / Fri.		Tues. / Weds.
Utah				Wed/Thurs
Vermont*	Tues.	Mon.	Thurs. / Fri.	Thurs. / Fri.
Virginia (Eastern)*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
Virginia (Western)	Thurs. / Fri.	Weds. / Thurs. / Fri.		Mon. / Tues.
Washington				Thurs. / Fri.
Washington D.C.*	Tues.	Mon.	Mon/Tues. & Thurs. / Fri.	Thurs. / Fri.
West Virginia				Wed/ Thurs
Wisconsin (Western)				Tues/Wed
Wisconsin (Eastern)				Thurs. / Fri.
Wyoming				Wed/Thurs

Pick up and arrival day are based on weekly averages and are subject to change

**Please email dispatchnj@rlslogistics.com for city specific pick up and arrival day*