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|  | July 2025 |
| Helena, Oklahoma, United States |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 6:18 AM Sunset: 8:55 PM Daylight: 14 hours and 37 minutes.  | Sunrise: 6:18 AM Sunset: 8:55 PM Daylight: 14 hours and 36 minutes.  | Sunrise: 6:19 AM Sunset: 8:55 PM Daylight: 14 hours and 35 minutes.  | Sunrise: 6:19 AM Sunset: 8:55 PM Daylight: 14 hours and 35 minutes.  | Sunrise: 6:20 AM Sunset: 8:54 PM Daylight: 14 hours and 34 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 6:20 AM Sunset: 8:54 PM Daylight: 14 hours and 33 minutes.  | Sunrise: 6:21 AM Sunset: 8:54 PM Daylight: 14 hours and 33 minutes.  | Sunrise: 6:22 AM Sunset: 8:54 PM Daylight: 14 hours and 32 minutes.  | Sunrise: 6:22 AM Sunset: 8:54 PM Daylight: 14 hours and 31 minutes.  | Sunrise: 6:23 AM Sunset: 8:53 PM Daylight: 14 hours and 30 minutes.  | Sunrise: 6:23 AM Sunset: 8:53 PM Daylight: 14 hours and 29 minutes.  | Sunrise: 6:24 AM Sunset: 8:52 PM Daylight: 14 hours and 28 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 6:25 AM Sunset: 8:52 PM Daylight: 14 hours and 27 minutes.  | Sunrise: 6:25 AM Sunset: 8:52 PM Daylight: 14 hours and 26 minutes.  | Sunrise: 6:26 AM Sunset: 8:51 PM Daylight: 14 hours and 25 minutes.  | Sunrise: 6:27 AM Sunset: 8:51 PM Daylight: 14 hours and 24 minutes.  | Sunrise: 6:27 AM Sunset: 8:50 PM Daylight: 14 hours and 22 minutes.  | Sunrise: 6:28 AM Sunset: 8:50 PM Daylight: 14 hours and 21 minutes.  | Sunrise: 6:29 AM Sunset: 8:49 PM Daylight: 14 hours and 20 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 6:29 AM Sunset: 8:48 PM Daylight: 14 hours and 19 minutes.  | Sunrise: 6:30 AM Sunset: 8:48 PM Daylight: 14 hours and 17 minutes.  | Sunrise: 6:31 AM Sunset: 8:47 PM Daylight: 14 hours and 16 minutes.  | Sunrise: 6:32 AM Sunset: 8:47 PM Daylight: 14 hours and 14 minutes.  | Sunrise: 6:32 AM Sunset: 8:46 PM Daylight: 14 hours and 13 minutes.  | Sunrise: 6:33 AM Sunset: 8:45 PM Daylight: 14 hours and 11 minutes.  | Sunrise: 6:34 AM Sunset: 8:44 PM Daylight: 14 hours and 10 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 6:35 AM Sunset: 8:44 PM Daylight: 14 hours and 8 minutes.  | Sunrise: 6:36 AM Sunset: 8:43 PM Daylight: 14 hours and 7 minutes.  | Sunrise: 6:36 AM Sunset: 8:42 PM Daylight: 14 hours and 5 minutes.  | Sunrise: 6:37 AM Sunset: 8:41 PM Daylight: 14 hours and 3 minutes.  | Sunrise: 6:38 AM Sunset: 8:40 PM Daylight: 14 hours and 2 minutes.  |     |     |