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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. |  |  |