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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Spring Lake Heights, New Jersey, United States | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 5:30 AM  Sunset: 8:29 PM  Daylight: 14 hours and 58 minutes. | Sunrise: 5:31 AM  Sunset: 8:29 PM  Daylight: 14 hours and 58 minutes. | Sunrise: 5:31 AM  Sunset: 8:29 PM  Daylight: 14 hours and 57 minutes. | Sunrise: 5:32 AM  Sunset: 8:28 PM  Daylight: 14 hours and 56 minutes. | Sunrise: 5:32 AM  Sunset: 8:28 PM  Daylight: 14 hours and 56 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 5:33 AM  Sunset: 8:28 PM  Daylight: 14 hours and 55 minutes. | Sunrise: 5:33 AM  Sunset: 8:28 PM  Daylight: 14 hours and 54 minutes. | Sunrise: 5:34 AM  Sunset: 8:27 PM  Daylight: 14 hours and 53 minutes. | Sunrise: 5:35 AM  Sunset: 8:27 PM  Daylight: 14 hours and 52 minutes. | Sunrise: 5:35 AM  Sunset: 8:27 PM  Daylight: 14 hours and 51 minutes. | Sunrise: 5:36 AM  Sunset: 8:26 PM  Daylight: 14 hours and 50 minutes. | Sunrise: 5:37 AM  Sunset: 8:26 PM  Daylight: 14 hours and 49 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 5:37 AM  Sunset: 8:25 PM  Daylight: 14 hours and 47 minutes. | Sunrise: 5:38 AM  Sunset: 8:25 PM  Daylight: 14 hours and 46 minutes. | Sunrise: 5:39 AM  Sunset: 8:24 PM  Daylight: 14 hours and 45 minutes. | Sunrise: 5:40 AM  Sunset: 8:24 PM  Daylight: 14 hours and 44 minutes. | Sunrise: 5:40 AM  Sunset: 8:23 PM  Daylight: 14 hours and 42 minutes. | Sunrise: 5:41 AM  Sunset: 8:22 PM  Daylight: 14 hours and 41 minutes. | Sunrise: 5:42 AM  Sunset: 8:22 PM  Daylight: 14 hours and 39 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 5:43 AM  Sunset: 8:21 PM  Daylight: 14 hours and 38 minutes. | Sunrise: 5:44 AM  Sunset: 8:20 PM  Daylight: 14 hours and 36 minutes. | Sunrise: 5:45 AM  Sunset: 8:20 PM  Daylight: 14 hours and 34 minutes. | Sunrise: 5:45 AM  Sunset: 8:19 PM  Daylight: 14 hours and 33 minutes. | Sunrise: 5:46 AM  Sunset: 8:18 PM  Daylight: 14 hours and 31 minutes. | Sunrise: 5:47 AM  Sunset: 8:17 PM  Daylight: 14 hours and 29 minutes. | Sunrise: 5:48 AM  Sunset: 8:16 PM  Daylight: 14 hours and 28 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:49 AM  Sunset: 8:15 PM  Daylight: 14 hours and 26 minutes. | Sunrise: 5:50 AM  Sunset: 8:14 PM  Daylight: 14 hours and 24 minutes. | Sunrise: 5:51 AM  Sunset: 8:13 PM  Daylight: 14 hours and 22 minutes. | Sunrise: 5:52 AM  Sunset: 8:12 PM  Daylight: 14 hours and 20 minutes. | Sunrise: 5:53 AM  Sunset: 8:11 PM  Daylight: 14 hours and 18 minutes. |  |  |