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|  | | June 2024 | | | | | | |
| Helena, Oklahoma, United States | | | | | | |
| Sunday | Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | |  |  |  |  | 1 |
|  |  | |  |  |  |  | Sunrise: 6:16 AM  Sunset: 8:45 PM  Daylight: 14 hours and 29 minutes. |
| 2 | 3 | | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:15 AM  Sunset: 8:46 PM  Daylight: 14 hours and 30 minutes. | Sunrise: 6:15 AM  Sunset: 8:46 PM  Daylight: 14 hours and 31 minutes. | | Sunrise: 6:15 AM  Sunset: 8:47 PM  Daylight: 14 hours and 32 minutes. | Sunrise: 6:15 AM  Sunset: 8:48 PM  Daylight: 14 hours and 33 minutes. | Sunrise: 6:14 AM  Sunset: 8:48 PM  Daylight: 14 hours and 33 minutes. | Sunrise: 6:14 AM  Sunset: 8:49 PM  Daylight: 14 hours and 34 minutes. | Sunrise: 6:14 AM  Sunset: 8:49 PM  Daylight: 14 hours and 35 minutes. |
| 9 | 10 | | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 6:14 AM  Sunset: 8:50 PM  Daylight: 14 hours and 35 minutes. | Sunrise: 6:14 AM  Sunset: 8:50 PM  Daylight: 14 hours and 36 minutes. | | Sunrise: 6:14 AM  Sunset: 8:51 PM  Daylight: 14 hours and 37 minutes. | Sunrise: 6:14 AM  Sunset: 8:51 PM  Daylight: 14 hours and 37 minutes. | Sunrise: 6:14 AM  Sunset: 8:52 PM  Daylight: 14 hours and 37 minutes. | Sunrise: 6:14 AM  Sunset: 8:52 PM  Daylight: 14 hours and 38 minutes. | Sunrise: 6:14 AM  Sunset: 8:52 PM  Daylight: 14 hours and 38 minutes. |
| 16 | 17 | | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 6:14 AM  Sunset: 8:53 PM  Daylight: 14 hours and 38 minutes. | Sunrise: 6:14 AM  Sunset: 8:53 PM  Daylight: 14 hours and 39 minutes. | | Sunrise: 6:14 AM  Sunset: 8:53 PM  Daylight: 14 hours and 39 minutes. | Sunrise: 6:14 AM  Sunset: 8:54 PM  Daylight: 14 hours and 39 minutes. | Sunrise: 6:14 AM  Sunset: 8:54 PM  Daylight: 14 hours and 39 minutes. | Sunrise: 6:15 AM  Sunset: 8:54 PM  Daylight: 14 hours and 39 minutes. | Sunrise: 6:15 AM  Sunset: 8:54 PM  Daylight: 14 hours and 39 minutes. |
| 23 | 24 | | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 6:15 AM  Sunset: 8:55 PM  Daylight: 14 hours and 39 minutes. | Sunrise: 6:15 AM  Sunset: 8:55 PM  Daylight: 14 hours and 39 minutes. | | Sunrise: 6:16 AM  Sunset: 8:55 PM  Daylight: 14 hours and 39 minutes. | Sunrise: 6:16 AM  Sunset: 8:55 PM  Daylight: 14 hours and 38 minutes. | Sunrise: 6:16 AM  Sunset: 8:55 PM  Daylight: 14 hours and 38 minutes. | Sunrise: 6:17 AM  Sunset: 8:55 PM  Daylight: 14 hours and 38 minutes. | Sunrise: 6:17 AM  Sunset: 8:55 PM  Daylight: 14 hours and 37 minutes. |
| 30 |  | |  |  |  |  |  |
| Sunrise: 6:18 AM  Sunset: 8:55 PM  Daylight: 14 hours and 37 minutes. |  | |  |  |  |  |  |