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