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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | March 2025 | | | | | | |
| Helena, Oklahoma, United States | | | | | | |
| Sunday | Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | |  |  |  |  | 1 |
|  |  | |  |  |  |  | Sunrise: 7:03 AM  Sunset: 6:27 PM  Daylight: 11 hours and 23 minutes. |
| 2 | 3 | | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 7:02 AM  Sunset: 6:27 PM  Daylight: 11 hours and 25 minutes. | Sunrise: 7:01 AM  Sunset: 6:28 PM  Daylight: 11 hours and 27 minutes. | | Sunrise: 6:59 AM  Sunset: 6:29 PM  Daylight: 11 hours and 30 minutes. | Sunrise: 6:58 AM  Sunset: 6:30 PM  Daylight: 11 hours and 32 minutes. | Sunrise: 6:57 AM  Sunset: 6:31 PM  Daylight: 11 hours and 34 minutes. | Sunrise: 6:55 AM  Sunset: 6:32 PM  Daylight: 11 hours and 37 minutes. | Sunrise: 6:54 AM  Sunset: 6:33 PM  Daylight: 11 hours and 39 minutes. |
| 9 | 10 | | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 7:52 AM  Sunset: 7:34 PM  Daylight: 11 hours and 41 minutes. | Sunrise: 7:51 AM  Sunset: 7:35 PM  Daylight: 11 hours and 44 minutes. | | Sunrise: 7:49 AM  Sunset: 7:36 PM  Daylight: 11 hours and 46 minutes. | Sunrise: 7:48 AM  Sunset: 7:37 PM  Daylight: 11 hours and 48 minutes. | Sunrise: 7:47 AM  Sunset: 7:38 PM  Daylight: 11 hours and 51 minutes. | Sunrise: 7:45 AM  Sunset: 7:38 PM  Daylight: 11 hours and 53 minutes. | Sunrise: 7:44 AM  Sunset: 7:39 PM  Daylight: 11 hours and 55 minutes. |
| 16 | 17 | | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 7:42 AM  Sunset: 7:40 PM  Daylight: 11 hours and 58 minutes. | Sunrise: 7:41 AM  Sunset: 7:41 PM  Daylight: 12 hours and 0 minutes. | | Sunrise: 7:39 AM  Sunset: 7:42 PM  Daylight: 12 hours and 2 minutes. | Sunrise: 7:38 AM  Sunset: 7:43 PM  Daylight: 12 hours and 5 minutes. | Sunrise: 7:36 AM  Sunset: 7:44 PM  Daylight: 12 hours and 7 minutes. | Sunrise: 7:35 AM  Sunset: 7:45 PM  Daylight: 12 hours and 9 minutes. | Sunrise: 7:33 AM  Sunset: 7:46 PM  Daylight: 12 hours and 12 minutes. |
| 23 | 24 | | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 7:32 AM  Sunset: 7:46 PM  Daylight: 12 hours and 14 minutes. | Sunrise: 7:30 AM  Sunset: 7:47 PM  Daylight: 12 hours and 16 minutes. | | Sunrise: 7:29 AM  Sunset: 7:48 PM  Daylight: 12 hours and 19 minutes. | Sunrise: 7:28 AM  Sunset: 7:49 PM  Daylight: 12 hours and 21 minutes. | Sunrise: 7:26 AM  Sunset: 7:50 PM  Daylight: 12 hours and 23 minutes. | Sunrise: 7:25 AM  Sunset: 7:51 PM  Daylight: 12 hours and 26 minutes. | Sunrise: 7:23 AM  Sunset: 7:52 PM  Daylight: 12 hours and 28 minutes. |
| 30 | 31 | |  |  |  |  |  |
| Sunrise: 7:22 AM  Sunset: 7:52 PM  Daylight: 12 hours and 30 minutes. | Sunrise: 7:20 AM  Sunset: 7:53 PM  Daylight: 12 hours and 33 minutes. | |  |  |  |  |  |