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|  | March 2025 |
| Helper, Utah, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sunrise: 6:56 AMSunset: 6:14 PMDaylight: 11 hours and 18 minutes. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:55 AMSunset: 6:15 PMDaylight: 11 hours and 20 minutes. | Sunrise: 6:53 AMSunset: 6:17 PMDaylight: 11 hours and 23 minutes. | Sunrise: 6:52 AMSunset: 6:18 PMDaylight: 11 hours and 25 minutes. | Sunrise: 6:50 AMSunset: 6:19 PMDaylight: 11 hours and 28 minutes. | Sunrise: 6:49 AMSunset: 6:20 PMDaylight: 11 hours and 31 minutes. | Sunrise: 6:47 AMSunset: 6:21 PMDaylight: 11 hours and 33 minutes. | Sunrise: 6:46 AMSunset: 6:22 PMDaylight: 11 hours and 36 minutes. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 7:44 AMSunset: 7:23 PMDaylight: 11 hours and 38 minutes. | Sunrise: 7:42 AMSunset: 7:24 PMDaylight: 11 hours and 41 minutes. | Sunrise: 7:41 AMSunset: 7:25 PMDaylight: 11 hours and 44 minutes. | Sunrise: 7:39 AMSunset: 7:26 PMDaylight: 11 hours and 46 minutes. | Sunrise: 7:38 AMSunset: 7:27 PMDaylight: 11 hours and 49 minutes. | Sunrise: 7:36 AMSunset: 7:28 PMDaylight: 11 hours and 51 minutes. | Sunrise: 7:35 AMSunset: 7:29 PMDaylight: 11 hours and 54 minutes. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 7:33 AMSunset: 7:30 PMDaylight: 11 hours and 57 minutes. | Sunrise: 7:31 AMSunset: 7:31 PMDaylight: 11 hours and 59 minutes. | Sunrise: 7:30 AMSunset: 7:32 PMDaylight: 12 hours and 2 minutes. | Sunrise: 7:28 AMSunset: 7:33 PMDaylight: 12 hours and 5 minutes. | Sunrise: 7:27 AMSunset: 7:34 PMDaylight: 12 hours and 7 minutes. | Sunrise: 7:25 AMSunset: 7:35 PMDaylight: 12 hours and 10 minutes. | Sunrise: 7:23 AMSunset: 7:36 PMDaylight: 12 hours and 12 minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 7:22 AMSunset: 7:37 PMDaylight: 12 hours and 15 minutes. | Sunrise: 7:20 AMSunset: 7:38 PMDaylight: 12 hours and 18 minutes. | Sunrise: 7:19 AMSunset: 7:39 PMDaylight: 12 hours and 20 minutes. | Sunrise: 7:17 AMSunset: 7:40 PMDaylight: 12 hours and 23 minutes. | Sunrise: 7:15 AMSunset: 7:41 PMDaylight: 12 hours and 26 minutes. | Sunrise: 7:14 AMSunset: 7:42 PMDaylight: 12 hours and 28 minutes. | Sunrise: 7:12 AMSunset: 7:43 PMDaylight: 12 hours and 31 minutes. |
| 30 | 31 |  |  |  |  |  |
| Sunrise: 7:11 AMSunset: 7:44 PMDaylight: 12 hours and 33 minutes. | Sunrise: 7:09 AMSunset: 7:45 PMDaylight: 12 hours and 36 minutes. |  |  |  |  |  |