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|  | March 2025 |
| Poland, Maine, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sunrise: 6:18 AMSunset: 5:29 PMDaylight: 11 hours and 10 minutes. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:17 AMSunset: 5:30 PMDaylight: 11 hours and 13 minutes. | Sunrise: 6:15 AMSunset: 5:31 PMDaylight: 11 hours and 16 minutes. | Sunrise: 6:13 AMSunset: 5:32 PMDaylight: 11 hours and 19 minutes. | Sunrise: 6:11 AMSunset: 5:34 PMDaylight: 11 hours and 22 minutes. | Sunrise: 6:10 AMSunset: 5:35 PMDaylight: 11 hours and 25 minutes. | Sunrise: 6:08 AMSunset: 5:36 PMDaylight: 11 hours and 28 minutes. | Sunrise: 6:06 AMSunset: 5:38 PMDaylight: 11 hours and 31 minutes. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 7:04 AMSunset: 6:39 PMDaylight: 11 hours and 34 minutes. | Sunrise: 7:03 AMSunset: 6:40 PMDaylight: 11 hours and 37 minutes. | Sunrise: 7:01 AMSunset: 6:41 PMDaylight: 11 hours and 40 minutes. | Sunrise: 6:59 AMSunset: 6:43 PMDaylight: 11 hours and 43 minutes. | Sunrise: 6:57 AMSunset: 6:44 PMDaylight: 11 hours and 46 minutes. | Sunrise: 6:55 AMSunset: 6:45 PMDaylight: 11 hours and 49 minutes. | Sunrise: 6:54 AMSunset: 6:46 PMDaylight: 11 hours and 52 minutes. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 6:52 AMSunset: 6:48 PMDaylight: 11 hours and 55 minutes. | Sunrise: 6:50 AMSunset: 6:49 PMDaylight: 11 hours and 58 minutes. | Sunrise: 6:48 AMSunset: 6:50 PMDaylight: 12 hours and 2 minutes. | Sunrise: 6:46 AMSunset: 6:51 PMDaylight: 12 hours and 5 minutes. | Sunrise: 6:45 AMSunset: 6:53 PMDaylight: 12 hours and 8 minutes. | Sunrise: 6:43 AMSunset: 6:54 PMDaylight: 12 hours and 11 minutes. | Sunrise: 6:41 AMSunset: 6:55 PMDaylight: 12 hours and 14 minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 6:39 AMSunset: 6:56 PMDaylight: 12 hours and 17 minutes. | Sunrise: 6:37 AMSunset: 6:58 PMDaylight: 12 hours and 20 minutes. | Sunrise: 6:35 AMSunset: 6:59 PMDaylight: 12 hours and 23 minutes. | Sunrise: 6:34 AMSunset: 7:00 PMDaylight: 12 hours and 26 minutes. | Sunrise: 6:32 AMSunset: 7:01 PMDaylight: 12 hours and 29 minutes. | Sunrise: 6:30 AMSunset: 7:02 PMDaylight: 12 hours and 32 minutes. | Sunrise: 6:28 AMSunset: 7:04 PMDaylight: 12 hours and 35 minutes. |
| 30 | 31 |  |  |  |  |  |
| Sunrise: 6:26 AMSunset: 7:05 PMDaylight: 12 hours and 38 minutes. | Sunrise: 6:24 AMSunset: 7:06 PMDaylight: 12 hours and 41 minutes. |  |  |  |  |  |