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|  | July 2025 |
| Poland, Maine, United States |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 5:02 AM Sunset: 8:28 PM Daylight: 15 hours and 26 minutes.  | Sunrise: 5:02 AM Sunset: 8:28 PM Daylight: 15 hours and 25 minutes.  | Sunrise: 5:03 AM Sunset: 8:28 PM Daylight: 15 hours and 24 minutes.  | Sunrise: 5:04 AM Sunset: 8:27 PM Daylight: 15 hours and 23 minutes.  | Sunrise: 5:04 AM Sunset: 8:27 PM Daylight: 15 hours and 22 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 5:05 AM Sunset: 8:27 PM Daylight: 15 hours and 21 minutes.  | Sunrise: 5:06 AM Sunset: 8:26 PM Daylight: 15 hours and 20 minutes.  | Sunrise: 5:06 AM Sunset: 8:26 PM Daylight: 15 hours and 19 minutes.  | Sunrise: 5:07 AM Sunset: 8:26 PM Daylight: 15 hours and 18 minutes.  | Sunrise: 5:08 AM Sunset: 8:25 PM Daylight: 15 hours and 17 minutes.  | Sunrise: 5:09 AM Sunset: 8:25 PM Daylight: 15 hours and 16 minutes.  | Sunrise: 5:09 AM Sunset: 8:24 PM Daylight: 15 hours and 14 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 5:10 AM Sunset: 8:23 PM Daylight: 15 hours and 13 minutes.  | Sunrise: 5:11 AM Sunset: 8:23 PM Daylight: 15 hours and 11 minutes.  | Sunrise: 5:12 AM Sunset: 8:22 PM Daylight: 15 hours and 10 minutes.  | Sunrise: 5:13 AM Sunset: 8:21 PM Daylight: 15 hours and 8 minutes.  | Sunrise: 5:14 AM Sunset: 8:21 PM Daylight: 15 hours and 7 minutes.  | Sunrise: 5:15 AM Sunset: 8:20 PM Daylight: 15 hours and 5 minutes.  | Sunrise: 5:16 AM Sunset: 8:19 PM Daylight: 15 hours and 3 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 5:17 AM Sunset: 8:18 PM Daylight: 15 hours and 1 minute.  | Sunrise: 5:18 AM Sunset: 8:17 PM Daylight: 14 hours and 59 minutes.  | Sunrise: 5:19 AM Sunset: 8:17 PM Daylight: 14 hours and 58 minutes.  | Sunrise: 5:20 AM Sunset: 8:16 PM Daylight: 14 hours and 56 minutes.  | Sunrise: 5:21 AM Sunset: 8:15 PM Daylight: 14 hours and 54 minutes.  | Sunrise: 5:22 AM Sunset: 8:14 PM Daylight: 14 hours and 52 minutes.  | Sunrise: 5:23 AM Sunset: 8:13 PM Daylight: 14 hours and 50 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 5:24 AM Sunset: 8:12 PM Daylight: 14 hours and 48 minutes.  | Sunrise: 5:25 AM Sunset: 8:11 PM Daylight: 14 hours and 45 minutes.  | Sunrise: 5:26 AM Sunset: 8:09 PM Daylight: 14 hours and 43 minutes.  | Sunrise: 5:27 AM Sunset: 8:08 PM Daylight: 14 hours and 41 minutes.  | Sunrise: 5:28 AM Sunset: 8:07 PM Daylight: 14 hours and 39 minutes.  |     |     |