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|  | | August 2025 | | | | | | |
| Helena, Oklahoma, United States | | | | | | |
| Sunday | Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | |  |  |  | 1 | 2 |
|  |  | |  |  |  | Sunrise: 6:39 AM  Sunset: 8:39 PM  Daylight: 14 hours and 0 minutes. | Sunrise: 6:40 AM  Sunset: 8:38 PM  Daylight: 13 hours and 58 minutes. |
| 3 | 4 | | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 6:40 AM  Sunset: 8:37 PM  Daylight: 13 hours and 57 minutes. | Sunrise: 6:41 AM  Sunset: 8:36 PM  Daylight: 13 hours and 55 minutes. | | Sunrise: 6:42 AM  Sunset: 8:35 PM  Daylight: 13 hours and 53 minutes. | Sunrise: 6:43 AM  Sunset: 8:34 PM  Daylight: 13 hours and 51 minutes. | Sunrise: 6:44 AM  Sunset: 8:33 PM  Daylight: 13 hours and 49 minutes. | Sunrise: 6:44 AM  Sunset: 8:32 PM  Daylight: 13 hours and 47 minutes. | Sunrise: 6:45 AM  Sunset: 8:31 PM  Daylight: 13 hours and 45 minutes. |
| 10 | 11 | | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 6:46 AM  Sunset: 8:30 PM  Daylight: 13 hours and 44 minutes. | Sunrise: 6:47 AM  Sunset: 8:29 PM  Daylight: 13 hours and 42 minutes. | | Sunrise: 6:48 AM  Sunset: 8:28 PM  Daylight: 13 hours and 40 minutes. | Sunrise: 6:48 AM  Sunset: 8:27 PM  Daylight: 13 hours and 38 minutes. | Sunrise: 6:49 AM  Sunset: 8:25 PM  Daylight: 13 hours and 36 minutes. | Sunrise: 6:50 AM  Sunset: 8:24 PM  Daylight: 13 hours and 34 minutes. | Sunrise: 6:51 AM  Sunset: 8:23 PM  Daylight: 13 hours and 32 minutes. |
| 17 | 18 | | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 6:52 AM  Sunset: 8:22 PM  Daylight: 13 hours and 30 minutes. | Sunrise: 6:53 AM  Sunset: 8:20 PM  Daylight: 13 hours and 27 minutes. | | Sunrise: 6:53 AM  Sunset: 8:19 PM  Daylight: 13 hours and 25 minutes. | Sunrise: 6:54 AM  Sunset: 8:18 PM  Daylight: 13 hours and 23 minutes. | Sunrise: 6:55 AM  Sunset: 8:17 PM  Daylight: 13 hours and 21 minutes. | Sunrise: 6:56 AM  Sunset: 8:15 PM  Daylight: 13 hours and 19 minutes. | Sunrise: 6:57 AM  Sunset: 8:14 PM  Daylight: 13 hours and 17 minutes. |
| 24 | 25 | | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 6:57 AM  Sunset: 8:13 PM  Daylight: 13 hours and 15 minutes. | Sunrise: 6:58 AM  Sunset: 8:11 PM  Daylight: 13 hours and 13 minutes. | | Sunrise: 6:59 AM  Sunset: 8:10 PM  Daylight: 13 hours and 11 minutes. | Sunrise: 7:00 AM  Sunset: 8:09 PM  Daylight: 13 hours and 8 minutes. | Sunrise: 7:01 AM  Sunset: 8:07 PM  Daylight: 13 hours and 6 minutes. | Sunrise: 7:01 AM  Sunset: 8:06 PM  Daylight: 13 hours and 4 minutes. | Sunrise: 7:02 AM  Sunset: 8:04 PM  Daylight: 13 hours and 2 minutes. |
| 31 |  | |  |  |  |  |  |
| Sunrise: 7:03 AM  Sunset: 8:03 PM  Daylight: 13 hours and 0 minutes. |  | |  |  |  |  |  |