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|  | August 2025 |
| Poland, Maine, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:29 AMSunset: 8:06 PMDaylight: 14 hours and 36 minutes. | Sunrise: 5:30 AMSunset: 8:05 PMDaylight: 14 hours and 34 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:31 AMSunset: 8:03 PMDaylight: 14 hours and 32 minutes. | Sunrise: 5:32 AMSunset: 8:02 PMDaylight: 14 hours and 29 minutes. | Sunrise: 5:33 AMSunset: 8:01 PMDaylight: 14 hours and 27 minutes. | Sunrise: 5:35 AMSunset: 8:00 PMDaylight: 14 hours and 25 minutes. | Sunrise: 5:36 AMSunset: 7:58 PMDaylight: 14 hours and 22 minutes. | Sunrise: 5:37 AMSunset: 7:57 PMDaylight: 14 hours and 20 minutes. | Sunrise: 5:38 AMSunset: 7:55 PMDaylight: 14 hours and 17 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:39 AMSunset: 7:54 PMDaylight: 14 hours and 14 minutes. | Sunrise: 5:40 AMSunset: 7:53 PMDaylight: 14 hours and 12 minutes. | Sunrise: 5:41 AMSunset: 7:51 PMDaylight: 14 hours and 9 minutes. | Sunrise: 5:42 AMSunset: 7:50 PMDaylight: 14 hours and 7 minutes. | Sunrise: 5:44 AMSunset: 7:48 PMDaylight: 14 hours and 4 minutes. | Sunrise: 5:45 AMSunset: 7:47 PMDaylight: 14 hours and 1 minute. | Sunrise: 5:46 AMSunset: 7:45 PMDaylight: 13 hours and 59 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:47 AMSunset: 7:43 PMDaylight: 13 hours and 56 minutes. | Sunrise: 5:48 AMSunset: 7:42 PMDaylight: 13 hours and 53 minutes. | Sunrise: 5:49 AMSunset: 7:40 PMDaylight: 13 hours and 51 minutes. | Sunrise: 5:50 AMSunset: 7:39 PMDaylight: 13 hours and 48 minutes. | Sunrise: 5:52 AMSunset: 7:37 PMDaylight: 13 hours and 45 minutes. | Sunrise: 5:53 AMSunset: 7:35 PMDaylight: 13 hours and 42 minutes. | Sunrise: 5:54 AMSunset: 7:34 PMDaylight: 13 hours and 39 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:55 AMSunset: 7:32 PMDaylight: 13 hours and 37 minutes. | Sunrise: 5:56 AMSunset: 7:30 PMDaylight: 13 hours and 34 minutes. | Sunrise: 5:57 AMSunset: 7:29 PMDaylight: 13 hours and 31 minutes. | Sunrise: 5:58 AMSunset: 7:27 PMDaylight: 13 hours and 28 minutes. | Sunrise: 6:00 AMSunset: 7:25 PMDaylight: 13 hours and 25 minutes. | Sunrise: 6:01 AMSunset: 7:23 PMDaylight: 13 hours and 22 minutes. | Sunrise: 6:02 AMSunset: 7:22 PMDaylight: 13 hours and 19 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 6:03 AMSunset: 7:20 PMDaylight: 13 hours and 17 minutes. |  |  |  |  |  |  |