

Table 10.2 from (2004TI06):  
 $^{10}\text{He}$  level parameters from  $^{10}\text{Be}(^{14}\text{C}, ^{14}\text{O})^{10}\text{He}$  <sup>a</sup>

	$J^\pi; T$		
	$(0^+); 3$	$(2^+); 3$	$(3^-); 3$
$E_R$ (MeV) <sup>b</sup>	$1.07 \pm 0.07$	$4.31 \pm 0.20$	$7.87 \pm 0.06$
$E_x$ (MeV)	0	$3.24 \pm 0.20$	$6.80 \pm 0.07$
$\Gamma$ (MeV)	$0.3 \pm 0.2$	$1.0 \pm 0.3$	$0.6 \pm 0.3$

<sup>a</sup> From Table I of (1994OS04).

<sup>b</sup>  $^8\text{He} + 2n$  decay energy.