Table 11.1 from (1968AJ02): Energy levels of ^{11}Be

E_x (MeV $\pm$ keV)	J^π	Γ_{lab} (keV)	Decay	Reactions
0	$\frac{1}{2}^+$, $\frac{3}{2}^+$, $\frac{5}{2}^+$	$\tau_{1/2} = 13.81 \pm 0.08$ sec	β^-	1, 2, 3, 4
0.319 ± 10	$\frac{1}{2}^-$, $\frac{5}{2}^-$, $\frac{7}{2}^-$	< 10	(γ)	2
1.780 ± 20	$\frac{1}{2}^\pm$, $\frac{3}{2}^\pm$, $\frac{5}{2}^+$	110 ± 15	(n)	2
2.700 ± 25	$\frac{1}{2}^\pm$, $\frac{3}{2}^\pm$, $\frac{5}{2}^+$	250 ± 20	(n)	2
3.410 ± 25	$\frac{1}{2}^\pm$, $\frac{3}{2}^\pm$, $\frac{5}{2}^+$	150 ± 20	(n)	2
3.890 ± 20		< 10	(n)	2
3.960 ± 20		< 10	(n)	2