Table 14.20 from (1991AJ01):
States of ^{14}N from ^{14}N($\pi^{\pm}$, $\pi^{\pm}$) (1983GE03)

E_x (MeV)	J^π; T	Mult.	B(Eλ) ($e^2 \cdot \mathrm{fm}^{2\lambda}$)
0			
3.95		E2	2.8 ± 0.4
4.92			
5.11		E3	74 ± 10
5.69			
5.83		E3	117 ± 18
7.03		E2	3.95 ± 0.7
8.49			
11.24		E3	110 ± 12
12.79		E3	151 ± 17
13.14		E3	31 ± 8 [b]
14.66	5^-; $0+1$		
15.10			
15.57	2, 3, 4^-; 0	E3	$10(2J+1)$
16.06	3^-; 0		
16.86	5^-; $1+0$		
17.46	5^-; $0+1$		
17.89	$2^- + 4^-$; 0		
[a]			
18.70	(3^-); $0+1$		
20.10	(3^-); $0+1$		

[a] States at $E_x = 18.2$ and 18.4 MeV are also populated.
[b] $J^\pi = 2^-$ assumed.