

Table 14.23 from (1986AJ01):
States of ^{14}N from $^{14}\text{N}(\pi^\pm, \pi^\pm)$ (1983GE03)

E_x (MeV)	$J^\pi; T$	Mult.	$B(E\lambda) \uparrow (e^2 \cdot \text{fm}^{2\lambda})$
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.

^a $J^\pi = 2^-$ assumed.