Table 14.28 from (1976AJ04): States of ^{14}N from ^{15}N(^{3}He, α)^{14}N [a]

^{14}N* (MeV $\pm$ keV)	J^{π}; T	l [a]	S [b]	S [c]
0	1^{+}; 0	1	1.20	1.50
2.31	0^{+}; 1	1	1.50	2.00
3.95	1^{+}; 0	1	0.60	0.73
4.92 [d]	0^{-}; 0			
5.11	2^{-}; 0	2	0.06	
5.691 ± 8 [e]	1^{-}; 0	2	0.02	
5.83	3^{-}; 0	2	0.03	
6.20	1^{+}; 0	1	0.05	
6.44	3^{+}; 0	3	0.01	
7.032 ± 10 [e]	2^{+}; 0	1	1.03	1.00
7.97 [d]	2^{-}; 0			
8.06 [d]	1^{-}; 1			
8.62 [d]	0^{+}; 1			
8.91	3^{-}; 1	(4)	(5.5×10^{-2})	
9.17	2^{+}; 1	1	1.90	1.36
9.39 [d]	2^{-}, 3^{-}; 0			
9.51 [d]	2^{-}, 1			
9.70 [d]	1^{+}, 1			
10.43	2^{+}; 1	1	1.04	1.10
13.75 [f]	1^{+}; 1	1	(2.4 ± 1.0)	1.4

[a] See also (1962CL12, 1974HO1M).

[b] (1970BO21): $E(^{3}\mathrm{He}) = 11.0$ MeV; see also (1969HO23).

[c] (1966BA13): $E(^{3}\mathrm{He}) = 39.8$ MeV.

[d] (1969HO23).

[e] (1962CL12).

[f] 13.72 ± 0.04 MeV (1966BA13).