

Table 1
Summary of SD Bands

Nuclide	Band	E γ -range	N γ	J $^{\pi}$ range
²⁰ Ne	SD-1	1633-3174	4	0 ⁺ →8 ⁺
³⁶ Ar	SD-1*	622-4066	8	(0 ⁺)→(16 ⁺)
⁴⁰ Ca	SD-1*	913-3563	7	0 ⁺ →(16 ⁺)
⁵⁷ Co	SD-1 [†] *	1361-3763	7	(25/2 ⁻)→(53/2 ⁻)
	SD-2 [†]	1588-3367	6	(27/2 ⁻)→(51/2 ⁻)
⁵⁸ Ni	SD-1*	1663-3157	5	(15 ⁻)→(25 ⁻)
	SD-2*	1685-3006	5	(12 ⁺)→(22 ⁺)
⁵⁹ Ni	SD-1 [†]	1767-3303	4	(21/2 ⁺)→(37/2 ⁺)
	SD-2 [†]	1224-3418	5	(23/2 ⁻)→(43/2 ⁻)
	SD-3 [†]	1771-3060	5	(J)→(J+10)
	SD-4 [†]	1294-3170	5	(J)→(J+10)
⁵⁸ Cu	SD-1*	830-3181	7	(9 ⁺)→(23 ⁺)
⁵⁹ Cu	SD-1*	1433-3857	8	(25/2 ⁺)→(57/2 ⁺)
⁶⁰ Zn	SD-1*	1136-3641	11	(8 ⁺)→(30 ⁺)
⁶¹ Zn	SD-1*	1432-3466	9	(25/2 ⁻)→(61/2 ⁻)
⁶² Zn	SD-1	1993-3236	6	(18)→(30)
⁶⁵ Zn	SD-1	1341-3349	9	(J)→(J+18) J>(25/2)
	SD-2 [†]	1621-2987	6	(J)→(J+12)
	SD-3 [†]	1745-3123	5	(J)→(J+10)
⁶⁸ Zn	SD-1	1506-3073	8	(17)→(33)
⁶⁸ Ge	SD-1	1620-2689	6	(14)→(26)
⁸⁰ Sr	SD-1	1443-2860	10	(18)→(38)
	SD-2	1688-2575	7	(18)→(32)
	SD-3	1712-2747	7	(20)→(34)
	SD-4	2140-2764	5	(20)→(30)
⁸¹ Sr	SD-1	1214-2748	12	(J)→(J+24) J>(27/2)
	SD-2	1773-2537	6	(J)→(J+12) J>(31/2)
	SD-3	1881-2845	7	(J)→(J+14)
	SD-4	1938-2541	5	(J)→(J+10)
⁸² Sr	SD-1	1430-2736	9	(19)→(37)
⁸³ Sr	SD-1	1307-2646	10	(41/2)→(81/2)
⁸² Y	SD-1	1455-2755	9	(20)→(38)
⁸³ Y	SD-1	1870-2710	7	(J)→(J+14)
⁸³ Zr	SD-1	1378-2938	11	(31/2)→(75/2)
	SD-2	1448-2623	8	(33/2)→(65/2)
⁸⁴ Zr	SD-1	1526-2761	9	(21)→(39)
⁸⁶ Zr	SD-1	1518-2696	9	(23)→(59)
	SD-2	1577-2708	9	(22)→(40)
	SD-3	1866-2429	7	(25)→(39)
	SD-4	1648-2491	7	(23)→(37)
⁸⁷ Nb	SD-1	1250-2585	9	(35/2 ⁻)→(71/2 ⁻)
	SD-2	1492-2543	9	(41/2)→(77/2)
	SD-3	1508-2587	8	(45/2)→(77/2)
	SD-4	1697-2537	6	(39/2)→(63/2)
⁸⁸ Mo	SD-1	1238-2305	8	(J)→(J+16)
	SD-2	1458-2229	6	(J)→(J+12)
	SD-3	1260-2298	8	(J)→(J+16)
⁸⁹ Tc	SD-1	1147-2625	11	(35/2 ⁻)→(79/2 ⁻)
⁹¹ Tc	SD-1	1350-2424	11	(51/2 ⁻)→(95/2 ⁻)
¹⁰⁴ Pd	SD-1	1263-2709	7	(24)→(38)
¹⁰⁵ Pd	SD-1	1209-2240	10	(43/2)→(83/2)
¹⁰⁵ Ag	SD-1	705-1753	10	(27/2)→(67/2)
¹⁰⁸ Cd	SD-1	1686-2336	10	(40)→(60)
	SD-2	1534-2303	11	(J)→(J+22)
¹³⁰ La	SD-1	762-1412	9	(16)→(34)
¹²⁹ Ce	SD-1	547-1451	14	(17/2 ⁺)→(73/2 ⁺)
¹³⁰ Ce	SD-1	865-2064	18	(18)→(54)
	SD-2	841-1996	16	(J)→(J+32)
	SD-3	904-1999	14	(J)→(J+28)
	SD-4	1261-1862	9	(J)→(J+18)
¹³¹ Ce	SD-1	591-1822	17	(29/2)→(97/2)
	SD-2	847-1723	13	(47/2)→(99/2)
¹³² Ce	SD-1	770-2119	19	(16)→(54)
	SD-2	794-1687	13	(J)→(J+26)
	SD-3	947-1725	12	(J)→(J+24)

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¹³³ Ce	SD-1	748-1927	17	(43/2)→(111/2)
	SD-2	720-1910	17	(37/2)→(105/2)
	SD-3	957-1764	15	(45/2)→(105/2)
¹³⁰ Pr	SD-1 [†] *	509-1267	12	(10 ⁻)→(34 ⁻)
	SD-2 [†] *	462-1238	12	(9 ⁻)→(33 ⁻)
¹³¹ Pr	SD-1 [†] *	379-1040	11	(9/2 ⁺)→(53/2 ⁺)
	SD-2 [†] *	411-1182	12	(11/2 ⁺)→(59/2 ⁺)
¹³² Pr	SD-1	696-1508	12	(15)→(39)
	SD-2	565-1465	13	(12)→(38)
	SD-3	709-1527	11	(12)→(34)
	SD-4	736-1609	14	(16)→(44)
¹³³ Pr	SD-1	840-1489	10	(53/2)→(93/2)
	SD-2	800-1530	11	(51/2)→(95/2)
	SD-3	784-1736	13	(53/2)→(105/2)
	SD-4	821-1656	12	(55/2)→(103/2)
¹³² Nd	SD-1*	764-1634	13	(17 ⁻)→(43 ⁻)
	SD-2*	830-1519	12	(18 ⁺)→(42 ⁺)
	SD-3*	794-1623	13	(17,18)→(42,43)
	SD-4*	848-1603	12	(18,19)→(42,43)
¹³³ Nd	SD-1*	345-1632	18	(17/2 ⁺)→(89/2 ⁺)
¹³⁴ Nd	SD-1*	668-1535	13	(17 ⁻)→(43 ⁻)
	SD-2*	726-1345	11	(18 ⁺)→(40 ⁺)
¹³⁵ Nd	SD-1*	545-1692	17	(25/2 ⁺)→(93/2 ⁺)
¹³⁶ Nd	SD-1*	657-1815	17	(17 ⁻)→(51 ⁻)
	SD-2	909-1525	9	(J)→(J+18)
¹³⁷ Nd	SD-1*	635-1683	17	(29/2 ⁺)→(97/2 ⁺)
¹³³ Pm	SD-1*	369-910	7	(11/2 ⁺)→(39/2 ⁺)
	SD-2*	338-946	8	(9/2 ⁺)→(41/2 ⁺)
¹³⁶ Pm	SD-1 [†]	533-1442	13	(J)→(J+26)
	SD-2 [†]	675-1310	10	(J)→(J+20)
	SD-3 [†]	679-1446	12	(J)→(J+24)
	SD-4 [†]	753-1419	11	(J)→(J+22)
¹³⁵ Sm	SD-1*	619-1339	10	(29/2 ⁺)→(69/2 ⁺)
¹³⁶ Sm	SD-1 [†]	888-1629	11	(22 ⁺)→(44 ⁺)
¹³⁷ Sm	SD-1 [†] *	379-1115	10	(17/2 ⁺)→(57/2 ⁺)
¹⁴² Sm	SD-1	680-1798	19	(25)→(63)
	SD-2	726-1635	17	(J)→(J+34)
¹⁴⁵ Sm	SD-1	1011-1567	12	(J)→(J+24)
	SD-2	945-1430	10	(J)→(J+20)
¹⁴² Eu	SD-1	700-1548	15	(27,29)→(57,59)
¹⁴³ Eu	SD-1 ^a	483-1805	23	(33/2)→(125/2)
	SD-2	865-1740	16	(61/2)→(125/2)
¹⁴⁴ Eu	SD-1	879-1479	12	(36)→(60)
	SD-2	507-1467	18	(22)→(58)
	SD-3	603-1589	17	(J)→(J+34)
¹⁴⁷ Eu	SD-1	737-1638	17	(J)→(J+34)
	SD-2	703-1583	18	(J)→(J+36)
	SD-3	708-1421	13	(J)→(J+26)
	SD-4	944-1645	12	(J)→(J+24)
	SD-5	836-1620	15	(J)→(J+30)
	SD-6(?)	1244-1601	8	(J)→(J+16)
¹⁴⁸ Eu	SD-1	748-1555	16	(J)→(J+32)
	SD-2	844-1544	14	(J)→(J+28)
¹³⁹ Gd	SD-1 [†] *	245-1158	12	(13/2 ⁺)→(61/2 ⁺)
¹⁴³ Gd	SD-1	546-1383	15	(47/2)→(107/2)
¹⁴⁴ Gd	SD-1	803-1645	19	(22 ⁺)→(60 ⁺)
	SD-2	775-1540	14	(25 ⁺)→(53 ⁺)
	SD-3	744-1452	13	(24 ⁺)→(50 ⁺)
	SD-4	853-1437	11	(29 ⁺)→(51 ⁺)
	SD-5	937-1410	9	(32 ⁺)→(50 ⁺)
¹⁴⁵ Gd	SD-1	723-1576	17	(J)→(J+34)
	SD-2	793-1510	16	(J)→(J+32)
	SD-3	920-1432	10	(J)→(J+20)
¹⁴⁶ Gd	SD-1	826-1554	15	(33)→(63)
	SD-2	806-1582	15	(32)→(62)
	SD-3(?)	959-1369	9	(J)→(J+18)

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¹⁴⁷ Gd	SD-1	697-1628	19	(55/2) \rightarrow (131/2)
	SD-2	730-1623	17	(61/2) \rightarrow (129/2)
	SD-3	705-1523	17	(51/2) \rightarrow (119/2)
	SD-4	742-1563	16	(61/2) \rightarrow (125/2)
	SD-5	899-1484	13	(71/2) \rightarrow (123/2)
	SD-6	891-1596	15	(J) \rightarrow (J+30)
¹⁴⁸ Gd	SD-1	700-1700	19	(29) \rightarrow (67)
	SD-2	742-1546	17	(30) \rightarrow (64)
	SD-3	830-1472	16	(J) \rightarrow (J+32)
	SD-4	850-1537	14	(J) \rightarrow (J+28)
	SD-5	854-1562	16	(J) \rightarrow (J+32)
	SD-6	802-1542	15	(J) \rightarrow (J+30)
	SD-7	912-1529	13	(J) \rightarrow (J+26)
	SD-8	887-1503	13	(J) \rightarrow (J+26)
	SD-9	868-1352	12	(J) \rightarrow (J+24)
¹⁴⁹ Gd	SD-1*	618-1730	22	(47/2) \rightarrow (135/2)
	SD-2	859-1620	18	(63/2) \rightarrow (135/2)
	SD-3	650-1647	20	(57/2) \rightarrow (137/2)
	SD-4	726-1575	19	(63/2) \rightarrow (139/2)
	SD-5	756-1595	16	(63/2) \rightarrow (127/2)
	SD-6	688-1686	19	(57/2) \rightarrow (133/2)
	SD-7	803-1641	17	(J) \rightarrow (J+34)
	SD-8	878-1549	15	(J) \rightarrow (J+30)
	SD-9	874-1615	16	(J) \rightarrow (J+32)
	SD-10	748-1588	16	(J) \rightarrow (J+32)
	SD-11	828-1586	14	(J) \rightarrow (J+28)
	SD-12	855-1639	16	(J) \rightarrow (J+32)
	SD-13	850-1474	13	(J) \rightarrow (J+26)
¹⁵⁰ Gd	SD-1	815-1602	18	(30 ⁺) \rightarrow (66 ⁺)
	SD-2	910-1645	18	(32 ⁺) \rightarrow (68 ⁺)
	SD-3	728-1588	19	(27 ⁻) \rightarrow (65 ⁻)
	SD-4	688-1658	19	(27 ⁻) \rightarrow (65 ⁻)
	SD-5	713-1569	17	(28 ⁻) \rightarrow (62 ⁻)
	SD-6	772-1590	19	(27 ⁺) \rightarrow (65 ⁺)
	SD-7	733-1645	18	(29 ⁺) \rightarrow (65 ⁺)
	SD-8	711-1618	18	(28 ⁺) \rightarrow (64 ⁺)
	SD-9	801-1653	16	(31 ⁺) \rightarrow (63 ⁺)
	SD-10	828-1568	15	(33 ⁺) \rightarrow (63 ⁺)
	SD-11	804-1539	15	(32 ⁺) \rightarrow (62 ⁺)
	SD-12	830-1495	15	(34 ⁺) \rightarrow (64 ⁺)
	SD-13	815-1557	17	(29 ⁺) \rightarrow (63 ⁺)
	SD-14	809-1592	18	(28 ⁺) \rightarrow (64 ⁺)
¹⁵¹ Gd	SD-1	746-1674	20	(57/2 ⁺) \rightarrow (137/2 ⁺)
	SD-2	726-1701	21	(55/2 ⁺) \rightarrow (139/2 ⁺)
	SD-3	756-1743	19	(59/2 ⁻) \rightarrow (135/2 ⁻)
	SD-4	833-1606	17	(65/2 ⁻) \rightarrow (133/2 ⁻)
	SD-5	809-1635	18	(63/2 ⁻) \rightarrow (135/2 ⁻)
	SD-6	818-1555	17	(61/2 ⁻) \rightarrow (129/2 ⁻)
¹⁴⁵ Tb	SD-1	627-1387	14	(J) \rightarrow (J+28)
¹⁴⁷ Tb	SD-1	826-1281	9	(J) \rightarrow (J+18)
¹⁴⁹ Tb	SD-1	740-1444	14	(J) \rightarrow (J+28)
	SD-2	646-1542	18	(J) \rightarrow (J+36)
	SD-3	786-1357	12	(J) \rightarrow (J+24)
	SD-4	824-1451	13	(J) \rightarrow (J+26)
	SD-5	804-1383	12	(J) \rightarrow (J+24)
¹⁵⁰ Tb	SD-1	597-1600	20	(24) \rightarrow (64)
	SD-2	663-1453	16	(J) \rightarrow (J+32)
	SD-3	877-1494	14	(J) \rightarrow (J+28)
¹⁵¹ Tb	SD-1	726-1535	18	(57/2) \rightarrow (129/2)
	SD-2	602-1495	20	(49/2) \rightarrow (129/2)
	SD-3	682-1505	18	(55/2) \rightarrow (127/2)
	SD-4	769-1485	16	(63/2) \rightarrow (127/2)
	SD-5	709-1501	16	(53/2) \rightarrow (117/2)
	SD-6	739-1474	15	(55/2) \rightarrow (115/2)
	SD-7	758-1489	15	(55/2) \rightarrow (115/2)
	SD-8	785-1356	12	(57/2) \rightarrow (105/2)
¹⁵² Tb	SD-1	823-1446	14	(31) \rightarrow (59)
	SD-2	801-1367	13	(30) \rightarrow (56)
¹⁵¹ Dy	SD-1*	527-1542	21	(43/2) \rightarrow (127/2)
	SD-2	633-1493	19	(J) \rightarrow (J+38)
	SD-3	729-1450	16	(J) \rightarrow (J+32)
	SD-4	712-1425	16	(J) \rightarrow (J+32)
	SD-5	959-1366	9	(J) \rightarrow (J+18)

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¹⁵² Dy	SD-1	602-1546	21	(24 ⁺) \rightarrow (66 ⁺)
	SD-2	826-1477	16	(34) \rightarrow (66)
	SD-3	793-1605	16	(36) \rightarrow (68)
	SD-4	670-1376	15	(27 ⁻) \rightarrow (57 ⁻)
	SD-5	642-1304	14	(26 ⁻) \rightarrow (54 ⁻)
	SD-6	762-1434	16	(32 ⁻) \rightarrow (64 ⁻)
¹⁵³ Dy	SD-1	721-1500	18	(63/2) \rightarrow (135/2)
	SD-2	679-1485	18	(59/2) \rightarrow (131/2)
	SD-3	702-1460	17	(61/2) \rightarrow (129/2)
	SD-4	723-1428	16	(59/2) \rightarrow (123/2)
	SD-5	743-1452	16	(65/2) \rightarrow (129/2)
¹⁵⁴ Dy	SD-1	702-1504	18	(J) \rightarrow (J+36)
¹⁵⁵ Dy	SD-1	910-1552	15	(J) \rightarrow (J+30)
¹⁵³ Ho	SD-1	651-1390	18	(51/2 ⁻) \rightarrow (123/2 ⁻)
	SD-2	713-1425	16	(57/2 ⁻) \rightarrow (121/2 ⁻)
	SD-3	657-1351	16	(49/2 ⁻) \rightarrow (113/2 ⁻)
¹⁵⁴ Er	SD-1	696-1349	14	(24 ⁺) \rightarrow (52 ⁺)
	SD-2	745-1301	13	(26 ⁺) \rightarrow (52 ⁺)
¹⁶³ Lu	SD-1*	197-1307	21	(13/2 ⁺) \rightarrow (97/2 ⁺)
	SD-2*	407-1249	16	(27/2 ⁺) \rightarrow (91/2 ⁺)
	SD-3*	506-1112	12	(33/2 ⁺) \rightarrow (81/2 ⁺)
	SD-4*	645-1086	9	(J) \rightarrow (J+18)
¹⁶⁴ Lu	SD-1*	374-1135	14	(14 ⁻) \rightarrow (42 ⁻)
	SD-2*	354-1211	16	(13 ⁺) \rightarrow (45 ⁺)
	SD-3	537-1171	13	(J) \rightarrow (J+26)
	SD-4	633-1105	8	(J) \rightarrow (J+16)
	SD-5	546-1134	11	(J) \rightarrow (J+22)
¹⁶⁵ Lu	SD-6	511-1070	11	(J) \rightarrow (J+22)
	SD-7	752-1042	6	(J) \rightarrow (J+12)
	SD-8	732-976	5	(J) \rightarrow (J+10)
¹⁶⁷ Lu	SD-1*	445-962	10	(25/2 ⁺) \rightarrow (65/2 ⁺)
¹⁶⁸ Hf	SD-1*	551-904	8	(29/2 ⁺) \rightarrow (61/2 ⁺)
	SD-1	677-1273	12	(21) \rightarrow (45)
	SD-2	771-1285	11	(24) \rightarrow (46)
¹⁹¹ Au	SD-3	811-1256	9	(28) \rightarrow (46)
	SD-1	187-869	20	(19/2) \rightarrow (99/2)
	SD-2	398-746	11	(35/2) \rightarrow (79/2)
¹⁸⁹ Hg	SD-3	383-790	13	(33/2) \rightarrow (85/2)
	SD-1	366-708	10	(29/2) \rightarrow (69/2)
	SD-1	317-802	15	(12) \rightarrow (42)
¹⁹⁰ Hg	SD-2	481-707	8	(23) \rightarrow (39)
	SD-3	279-652	11	(14) \rightarrow (36)
	SD-4	446-791	12	(J) \rightarrow (J+24)
	SD-1	311-789	14	(31/2) \rightarrow (87/2)
¹⁹¹ Hg	SD-2	252-797	16	(21/2) \rightarrow (85/2)
	SD-3	272-801	16	(23/2) \rightarrow (87/2)
	SD-4	281-789	14	(25/2) \rightarrow (81/2)
	SD-1	214-889	20	(8) \rightarrow (48)
¹⁹² Hg	SD-2	241-819	18	(10) \rightarrow (46)
	SD-3	333-681	11	(J) \rightarrow (J+22)
	SD-1	233-881	20	(19/2 ⁻) \rightarrow (99/2 ⁻)
¹⁹³ Hg	SD-2 ^b	254-876	19	(21/2 ⁻) \rightarrow (97/2 ⁻)
	SD-3	234-861	19	(19/2 ⁺) \rightarrow (95/2 ⁺)
	SD-4 ^b	254-876	19	(21/2 ⁺) \rightarrow (97/2 ⁺)
	SD-5	291-861	17	(27/2 ⁻) \rightarrow (95/2 ⁻)
	SD-6	241-858	17	(21/2 ⁻) \rightarrow (89/2 ⁻)
¹⁹⁴ Hg	SD-1*	212-903	21	(8 ⁺) \rightarrow (50 ⁺)
	SD-2*	222-884	20	(9 ⁻) \rightarrow (49 ⁻)
	SD-3	201-867	20	(8) \rightarrow (48)
¹⁹⁵ Hg	SD-1	294-887	19	(25/2 ⁺) \rightarrow (101/2 ⁺)
	SD-2	274-874	19	(23/2 ⁺) \rightarrow (99/2 ⁺)
	SD-3	244-868	19	(21/2 ⁻) \rightarrow (97/2 ⁻)
	SD-4	342-899	17	(31/2 ⁻) \rightarrow (99/2 ⁻)
¹⁸⁹ Tl	SD-1	326-671	10	(27/2) \rightarrow (67/2)
	SD-2	305-648	10	(25/2) \rightarrow (65/2)
¹⁹¹ Tl	SD-1	277-721	13	(23/2 ⁺) \rightarrow (75/2 ⁺)
	SD-2	296-728	13	(25/2 ⁺) \rightarrow (77/2 ⁺)
¹⁹² Tl	SD-1	283-708	12	(15) \rightarrow (39)
	SD-2	338-715	11	(18) \rightarrow (40)
	SD-3	233-745	15	(10) \rightarrow (40)
	SD-4	213-727	15	(9) \rightarrow (39)

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¹⁹³ Tl	SD-1	207-783	17	(17/2 ⁺) \rightarrow (85/2 ⁺)
	SD-2	227-782	16	(19/2 ⁺) \rightarrow (83/2 ⁺)
	SD-3	188-734	16	(15/2 ⁺) \rightarrow (79/2)
	SD-4	251-748	14	(23/2 ⁺) \rightarrow (79/2)
	SD-5	272-719	13	(21/2 ⁺) \rightarrow (73/2)
¹⁹⁴ Tl	SD-1	268-704	13	(12) \rightarrow (38)
	SD-2	209-686	14	(9) \rightarrow (37)
	SD-3	241-718	14	(10) \rightarrow (38)
	SD-4	220-703	14	(9) \rightarrow (37)
	SD-5	188-628	13	(8) \rightarrow (34)
SD-6	207-613	12	(9) \rightarrow (33)	
¹⁹⁵ Tl	SD-1	146-777	18	(11/2 ⁺) \rightarrow (83/2 ⁺)
	SD-2	168-778	18	(13/2 ⁺) \rightarrow (85/2 ⁺)
¹⁹² Pb	SD-1*	215-640	12	(8 ⁺) \rightarrow (32 ⁺)
¹⁹³ Pb	SD-1	277-708	12	(23/2 ⁺) \rightarrow (71/2)
	SD-2	190-690	13	(17/2 ⁺) \rightarrow (69/2)
	SD-3	252-709	13	(21/2 ⁺) \rightarrow (73/2)
	SD-4	273-707	13	(23/2 ⁺) \rightarrow (75/2)
	SD-5	213-701	14	(17/2 ⁺) \rightarrow (73/2 ⁺)
	SD-6	235-718	14	(19/2 ⁺) \rightarrow (75/2 ⁺)
	SD-7	261-664	12	(J) \rightarrow (J+24)
	SD-8	282-647	11	(J) \rightarrow (J+22)
	SD-9	213-575	10	(J) \rightarrow (J+20)
¹⁹⁴ Pb	SD-1*	125-740	17	(4 ⁺) \rightarrow (38 ⁺)
	SD-2	241-544	9	(10) \rightarrow (28)
	SD-3(?)	261-563	9	(11) \rightarrow (29)
¹⁹⁵ Pb	SD-1	182-689	14	(15/2 ⁺) \rightarrow (71/2)
	SD-2	163-689	14	(13/2 ⁺) \rightarrow (69/2)
	SD-3	198-684	14	(15/2 ⁺) \rightarrow (71/2)
	SD-4	214-632	12	(17/2 ⁺) \rightarrow (65/2)
¹⁹⁶ Pb	SD-1	171-752	16	(6 ⁺) \rightarrow (38 ⁺)
	SD-2	205-665	13	(8 ⁻) \rightarrow (34 ⁻)
	SD-3	227-680	13	(9 ⁻) \rightarrow (35 ⁻)
	SD-4	405-557	5	(17 ⁻) \rightarrow (27 ⁻)
¹⁹⁷ Pb	SD-1	123-807	18	(9/2 ⁻) \rightarrow (81/2 ⁻)
	SD-2	143-803	18	(9/2 ⁻) \rightarrow (81/2 ⁻)
	SD-3	200-705	14	(17/2 ⁺) \rightarrow (73/2)
	SD-4	222-721	14	(19/2 ⁺) \rightarrow (75/2)
	SD-5(?)	238-733	14	(19/2 ⁺) \rightarrow (75/2)
SD-6(?)	216-718	14	(17/2 ⁺) \rightarrow (73/2)	
¹⁹⁸ Pb	SD-1	304-890	16	(12) \rightarrow (44)
	SD-2(?)	281-759	14	(10) \rightarrow (38)
	SD-3(?)	216-696	13	(8) \rightarrow (34)
¹⁹⁵ Bi	SD-1	262-495	7	(J) \rightarrow (J+14)
¹⁹⁶ Bi	SD-1	166-653	13	(6) \rightarrow (32)
¹⁹⁷ Bi	SD-1(?)	187-545	10	(15/2 ⁺) \rightarrow (55/2)
¹⁹⁸ Po	SD-1	176-543	10	(6) \rightarrow (26)
²³⁶ U	SD-1*	20-101	4	(0 ⁺) \rightarrow (8 ⁺)
	SD-2(?)			(0 ⁺) \rightarrow (2 ⁺)
²³⁸ U	SD-1*	20	1	(0 ⁺) \rightarrow (2 ⁺)
	SD-2(?)			(0 ⁺)
²³⁹ Pu	SD-1	24-32	2	(5/2 ⁺) \rightarrow (9/2 ⁺)
²⁴⁰ Pu	SD-1	20-126	5	(0 ⁺) \rightarrow (10 ⁺)
	SD-2			(2 ⁻) \rightarrow (7 ⁻)
	SD-3			(1 ⁻) \rightarrow (10 ⁻)
	SD-4			(1 ⁻) \rightarrow (10 ⁻)
	SD-5			(1 ⁻) \rightarrow (3 ⁻)
	SD-6			(0 ⁺) \rightarrow (10 ⁺)
	SD bandheads			7 (0 ⁺) states

Table 2
Fission (Shape) Isomers

Nuclide	E(Isomer) ^a	J $^{\pi}$	t _{1/2}	%IT ^b
²³³ Th	1850 ₂₅₀		1-100 ns	
²³⁶ U	2750 ₁₀ ^{cd}	(0 ⁺)	120 ₂ ns	87 ₆
²³⁸ U	2557.6 ₅ ^{cd}	0 ⁺	298 ₁₈ ns	~95
	2557.6 _y		>1 ns	
²³⁷ Np	2800 ₄₀₀		45 ₅ ns	^e
²³⁵ Pu	3000 ₂₀₀		25 ₅ ns	
²³⁶ Pu	~3000	(0 ⁺)	37 ₄ ps	
	4000 ₂₀₀		34 ₈ ns	
²³⁷ Pu	2600 ₂₀₀		85 ₁₅ ns	
	2900 ₂₅₀		1.1 ₁ ms	
²³⁸ Pu	~2400		0.6 ₂ ns	
²³⁹ Pu	~3500	(0 ⁺)	6.0 ₁₅ ns	
	3100 ₂₀₀ ^c	(5/2 ⁺)	7.5 ₁₀ ms	
²⁴⁰ Pu	~3300 ^d	(9/2 ⁻)	2.6 ₁₂ ⁴⁰ ns	
	~2800 ^c	(0 ⁺)	3.7 ₃ ns	
²⁴¹ Pu	~2200		21 ₃ ms	
	~2300		32 ₅ ns	
²⁴² Pu	~2200		3.5 ₆ ns	
	2200 _y		28 ns	
²⁴³ Pu	1700 ₃₀₀		45 ₁₅ ns	
²⁴⁴ Pu	x		0.40 ₁₀ ns	
²⁴⁵ Pu	2000 ₄₀₀		90 ₃₀ ns	
²³⁷ Am	2400 ₂₀₀		5 ₂ ns	
²³⁸ Am	~2500		35 ₁₀ ms	
²³⁹ Am	2500 ₂₀₀	(7/2 ⁺)	163 ₁₂ ns	
²⁴⁰ Am	3000 ₂₀₀		0.94 ₄ ms	
²⁴¹ Am	~2200		1.0 ₃ ms	
²⁴² Am	2200 ₈₀		14.0 ₁₀ ms	
²⁴³ Am	2300 ₂₀₀		5.5 ₅ ms	
²⁴⁴ Am	2800 ₄₀₀		0.90 ₁₅ ms	
	2800 _y		~6.5 ms	
²⁴⁵ Am	2400 ₄₀₀		0.64 ₆ ms	
²⁴⁶ Am	~2000		73 ₁₀ ms	
²⁴⁰ Cm	~3000		55 ₁₂ ns	
²⁴¹ Cm	~2300		15.3 ₁₀ ns	
²⁴² Cm	1900 ₂₀₀		40 ₁₅ ps	
	~2800		0.18 ₇ ms	
²⁴³ Cm	1900 ₃₀₀		42 ₆ ns	
²⁴⁴ Cm	~2200		<5 ps	
	~3500		>100 ns	
²⁴⁵ Cm	2100 ₃₀₀		13.2 ₁₈ ns	
²⁴² Bk	x		9.5 ₂₀ ns	
	x+y		0.60 ₁₀ ms	
²⁴³ Bk	~2200 (?)		5 ns (?)	
²⁴⁴ Bk	x		0.82 ₆ ms	
²⁴⁵ Bk	~1560		2 ₁ ns	

a Systematics of fission isomers suggest x=1600-2600; y<1000.

b %SF(²³⁶U isomer)=13₆, %SF(²³⁸U isomer)~5. For all other isomers, only SF decay has been observed.

c Rotational bands built on these states are shown in the figures.

d Deexcitation to normal states is shown in the figures.

e Some evidence for isomeric decay has been reported.

† Highly-deformed structure.

* This SD band is linked to normal deformed states.

a Tentative linking transitions to the normal deformed states suggest the lowest SD member at 8582 keV.

b Unresolved bands.