

$^{36}\text{Ar}$        $Z = 18$        $N = 18$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 306.717 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
36AR 1	0.000	0+			1 STABLE
36AR 2	1.970	2+			2 328 FS 20
36AR 3			4.178 3-		3 2.3 PS 3
36AR 4				4.329 (0,1,2)+	4 485 FS GT
36AR 5	4.414	4+			5 76 FS 10
36AR 6	4.440	2+			6 76 FS 14
36AR 7	4.951	2+			7 35 FS LT
36AR 8			4.974 2-		8 10 PS 3
36AR 9			5.171 5-		9 88 PS 3
36AR 10				5.194 (0+,1+,2+,3-)	10 69 FS 21
36AR 11			5.836 1-		11 6.2 FS 21
36AR 12			5.857 3-		12 0.31 PS 10
36AR 13				5.878 (2+)	13
36AR 14			5.896 4-		14 0.35 PS 14
36AR 15	6.136	4+			15
36AR 16			6.217 5-		16 201 FS 35
36AR 17	6.356	4+			17 0.31 PS 10
36AR 18	6.611 1	2+			18 15 FS 6
S-alpha=	6.641 ( 0.000)				
36AR 19				6.646 (2+,3+,4+)	19
36AR 20				6.724 NOT (2)+	20
36AR 21				6.731 1+,2+	21
36AR 22			6.835 4-		22 0.56 PS 17
36AR 23			6.837 3-		23 166 FS 42
36AR 24				6.867 (1+,2+)	24
36AR 25				7.136 (1-,2+)	25 9 FS 3
36AR 26	7.140	3+			26 69 FS 35
36AR 27				7.179 (1,2)+	27
36AR 28				7.247 (1,2,3)-	28 21 FS LT
36AR 29			7.259 3-		29 14 FS LT
36AR 30	7.337 1	3+			30 10 FS 5
36AR 31			7.354 6-		31 125 FS 28
36AR 32	7.432	1+			32 1.5 FS 3
36AR 33				7.488 (2-)	33
36AR 34			7.573 4-		34 159 FS 49
36AR 35				7.672 (3)-	35
36AR 36				7.706 -	36
36AR 37	7.710 1	1+			37

36AR 38				7.750	2-			38	
36AR 39		7.767	6+					39 76 FS 11	
36AR 40						7.879	(1,2)-	40	
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36AR 41						7.971	1+,2+	41	
36AR 42						8.016	(3,4)-	42	
36AR 43		8.132	1 1+					43 1.6 FS 4	
36AR 44						8.231		44	
36AR 45						8.288		45	
36AR 46				8.303	2-			46	
36AR 47						8.333	(3)-	47	
36AR 48						8.353	(1-,2+,3-)	48	
36AR 49				8.365	2-			49	
36AR 50						8.398		50	
-----									
36AR 51						8.449	(-)	51	
36AR 52						8.472	(3-,4-,5-)	52 30 FS 7	
36AR 53		8.504	1+					53 30 FS 7	
S-p	=	8.507	( 0.000)	-----					
36AR 54		8.556	1 2+					54	
36AR 55						8.593		55	
36AR 56						8.672	(-)	56	
36AR 57						8.739		57	
36AR 58						8.806	(0-,1,2,3-)	58	
36AR 59						8.850		59	
36AR 60						8.887	(LE 5-)	60	
-----									
36AR 61		8.909	2+					61	
36AR 62						8.922		62	
36AR 63						8.939	(2+,3,4-)	63	
36AR 64						9.015	(3-,4,5-)	64	
36AR 65						9.025	2	65	
36AR 66				9.066	3-			66	
36AR 67				9.117	1-			67	
36AR 68				9.132	3-			68	
36AR 69						9.145	(2+,3-)	69	
36AR 70						9.186	(6+)	70	
-----									
36AR 71						9.192	(3-,4+)	71	
36AR 72		9.220	1 1+					72	
36AR 73				9.241	2-			73	
36AR 74						9.248	(1-,2-,3-)	74	
36AR 75				9.258	3-			75	
36AR 76						9.270	(1+)	76	
36AR 77				9.300	1 4-			77	
36AR 78				9.342	1 3-			78	
36AR 79		9.356	2+					79	
36AR 80				9.366	1-			80	
-----									
36AR 81						9.374	(1-,2-,3-)	81	

36AR 82				9.380	(2+,3+,4+)	82
36AR 83				9.393	(2+,3+,4+)	83
36AR 84				9.414		84
36AR 85				9.439	(2+,3+,4+)	85
36AR 86				9.448	1-,2+,3-	86
36AR 87				9.466	1-,2+	87
36AR 88				9.474	(1,2)	88
36AR 89				9.494		89
36AR 90				9.503	(2,3)	90
-----						
36AR 91				9.510	(2+,3+,4+)	91
36AR 92				9.542	(1,2,3)-	92
36AR 93				9.550	(0+:4+)	93
36AR 94			9.574 4-			94
36AR 95	9.595 2+					95
36AR 96				9.607	(0,1,2)-	96
36AR 97			9.667 3-			97
36AR 98				9.682	4+,6+	98
36AR 99	9.700 1 0+					99
36AR 100				9.703	(1-,2+)	100
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36AR 101				9.734	1-,3-,4+	101
36AR 102			9.738 3-			102
36AR 103				9.764	(3-,4-,5-)	103
36AR 104				9.812	(1,2,3-)	104
36AR 105	9.863 3+					105
36AR 106				9.879	2+,3+	106
36AR 107				9.889		107
36AR 108	9.902 4+					108
36AR 109	9.927 8+					109 27.4 FS 43
36AR 110			9.927 5-			110
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36AR 111				9.943	(2,3-)	111
36AR 112				9.957	(1,2+)	112
36AR 113				9.983	(1,3)-	113
36AR 114				9.983	1+,(2+)	114
36AR 115				9.992	1-,2+	115
36AR 116				9.993		116
36AR 117				10.002	(1-,2,3)	117
36AR 118			10.044 1-			118
36AR 119	10.050 1+					119
36AR 120	10.051 2+					120
-----						
36AR 121				10.077	(1-,2,3)	121
36AR 122				10.092		122
36AR 123	10.095 2+					123
36AR 124			10.099 1-			124
36AR 125				10.139	(2+,3-)	125
36AR 126				10.143	(1-,2)	126
36AR 127				10.150	(3-,4)	127

36AR 128				10.167	3-				128
36AR 129							10.173	(1-,2+)	129
36AR 130				10.186	1-				130
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36AR 131							10.194	(3-,4,5,6+)	131
36AR 132							10.201		132
36AR 133		10.217			2+				133
36AR 134							10.220	4(-)	134
36AR 135							10.256	(3-,4)	135
36AR 136							10.257	(3-,4+)	136
36AR 137							10.260		137
36AR 138				10.267	1-				138
36AR 139							10.272	(3-,4-,5-)	139
36AR 140				10.281	3-				140
-----									
36AR 141		10.302			4+				141
36AR 142							10.309	(2,3)-	142
36AR 143		10.319			2+				143
36AR 144		10.328			2+				144
36AR 145							10.329	(3-,4-,5-)	145
36AR 146							10.377		146
36AR 147				10.421	3-				147
36AR 148							10.435	(1,2,3-)	148
36AR 149		10.439			2+				149
36AR 150							10.449		150
-----									
36AR 151				10.462	2-				151
36AR 152							10.475		152
36AR 153				10.488	3-				153
36AR 154							10.500	(1,2,3)-	154
36AR 155							10.524		155
36AR 156				10.540	3-				156
36AR 157		10.559			2+				157
36AR 158				10.562	3-				158
36AR 159							10.568		159
36AR 160				10.583	5-				160
-----									
36AR 161		10.593			2+				161
36AR 162				10.596	3-				162
36AR 163							10.614	1+,2+,3+	163
36AR 164				10.616	4-				164
36AR 165				10.618	3-				165
36AR 166				10.636	1-				166
36AR 167							10.647		167
36AR 168				10.651	1-				168
36AR 169							10.664	(0+,1-,2+)	169
36AR 170							10.674	(3-,4+)	170
-----									
36AR 171							10.676	5	171
36AR 172				10.684	1-				172

36AR 173	10.700	2+					173
36AR 174					10.702	(0+,1-,2+)	174
36AR 175					10.739		175
36AR 176					10.752		176
36AR 177	10.759	4+					177
36AR 178					10.761	(2,3)-	178
36AR 179	10.764	4+					179
36AR 180	10.780	4+					180
-----							
36AR 181	10.790	2+					181
36AR 182					10.809	(1-,2,3-)	182
36AR 183					10.816		183
36AR 184					10.823		184
36AR 185					10.832	(1-,3-,4+)	185
36AR 186					10.846		186
36AR 187	10.852	2+					187
36AR 188	10.854	0+					188 4 FS LT
36AR 189			10.854	3-			189
36AR 190					10.865	(1-,3-,4+)	190
-----							
36AR 191					10.899		191
36AR 192			10.902	1-			192
36AR 193					10.906	(2+:5-)	193
36AR 194					10.917		194
36AR 195					10.934		195
36AR 196					10.939		196
36AR 197					10.956	(2+:5-)	197
36AR 198	10.960	2+					198
36AR 199					10.968	1,2	199
36AR 200	10.976	4+					200
-----							
36AR 201					10.986		201
36AR 202					10.993	0+,1-,2+	202
36AR 203			11.000	5-			203
36AR 204					11.014		204
36AR 205					11.028	(1-:5-)	205
36AR 206	11.040	2+					206
36AR 207	11.043	4+					207
36AR 208					11.050	0+,1-,2+	208
36AR 209					11.056	1+,2+,3+	209
36AR 210					11.060	1-,3-	210
-----							
36AR 211					11.086		211
36AR 212					11.091	4+,(5-)	212
36AR 213					11.110	0+,1-,2+,3-	213
36AR 214					11.119		214
36AR 215			11.123	3-			215
36AR 216					11.131	1-,3-	216
36AR 217					11.149	(1,2,3-)	217
36AR 218	11.156	2+					218

36AR 219				11.168		219
36AR 220				11.182	(3+:6-)	220
-----						
36AR 221				11.207		221
36AR 222				11.210		222
36AR 223				11.216		223
36AR 224				11.224	1-,2-	224
36AR 225				11.238	1+,2+,3+	225
36AR 226				11.243	(1-)	226
36AR 227				11.248	(1+)	227
36AR 228				11.270		228
36AR 229		11.278	3-			229
36AR 230				11.303		230
-----						
36AR 231				11.312	4+,5-	231
36AR 232				11.322		232
36AR 233	11.336	2+				233
36AR 234			11.344	1-		234
36AR 235				11.359		235
36AR 236				11.419		236
36AR 237				11.515		237
36AR 238				11.580	(2-)	238
36AR 239				11.594		239
36AR 240				11.640	1+,2+,3+	240
-----						
36AR 241				11.745		241
36AR 242	11.902	10+				242 0.43 FS 7
36AR 243				11.946		243
36AR 244				12.066		244
36AR 245				12.090	(1+)	245
36AR 246	12.748	10+				246 10.1 FS 23
36AR 247				12.801		247
36AR 248				13.201		248
36AR 249				13.481		249
36AR 250				13.740		250
-----						
36AR 251				13.800		251
-----						
S-n	=	15.256	( 0.001)	-----		
S-2p	=	14.878	( 0.000)	-----		
36AR 252	15.351	12+				252 14.1 FS 28
36AR 253	15.400	6+				253
36AR 254			16.800	7-		254
36AR 255	18.299	14+				255 11.0 FS 25
36AR 256	19.500	8+				256
36AR 257				X		257
36AR 258				2200+X		258 0.83 MEV 16
36AR 259				4900+X		259
36AR 260				5600+X		260
-----						
36AR 261				7200+X		261

36AR 262		8300+X	262	0.41 MEV	7
36AR 263		11500+X	263	2.5 MEV	3

S-p = 8.507 ( 0.000)-----  
 S-n = 15.256 ( 0.001)-----  
 S-2p = 14.878 ( 0.000)-----  
 S-2n = 27.996 ( 0.000)-----  
 S-alpha= 6.641 ( 0.000)-----

S+p = -1.858 ( 0.000)  
 S+n = -8.787 ( 0.000)  
 S+2p = -6.405 ( 0.000)  
 S+2n = -20.626 ( 0.000)  
 S+alpha = -7.040 ( 0.000)

gap p = 6.649 ( 0.000)  
 gap n = 6.468 ( 0.001)  
 gap 2p = 8.473 ( 0.000)  
 gap 2n = 7.370 ( 0.000)  
 gap alpha = -0.399 ( 0.000)