TABLE II (cont.)

a) $\Delta I = 0, 1$. No (Allowed)

1	2	3	4	5
10 Ne 23	- 4.1	13-11	$d_{5/2}-D_{3/2}$	4.9
11 Na 25	- 3.7	11-13	$D_{3/2}-d_{5/2}$	5.2
16 S 35	- 0.17	19-17	$d_{3/2}-d_{3/2}$	5.0
20 Ca 45	- 0.22	25-21	$f_{7/2}-f_{7/2}$	5.6
21 Sc 43	+ 1.13	21-23	$f_{7/2}-f_{7/2}$	4.8 +
21 Sc 47	- 0.61	21-25	$f_{7/2}-f_{7/2}$	5.6 +
21 Sc 49	- 1.8	21-27	$f_{7/2}-f_{7/2}$	5.5
22 Ti 45	+ 1.2	23-21	$f_{7/2}-f_{7/2}$	4.7 +
23 V 47	+ 1.65	23-25	$f_{7/2}-f_{7/2}$	4.7 +
24 Cr 49	+ 1.45	25-23	$f_{7/2}-f_{7/2}$	4.5 +
25 Mn 51	+ 2.0	25-27	$F_{5/2}-f_{7/2}$	5.1 +
26 Fe 53	+ 2.8	27-25	$f_{7/2}-F_{5/2}$	5.0 +
27 Co 61	- 1.3	27-33	$f_{7/2}-f_{5/2}$	5.2
30 Zn 63	+ 2.36	33-29	$p_{3/2}-p_{3/2}$	5.4
30 Zn 69	- 1.0	39-31	$p_{1/2}-p_{3/2}$	4.6
30 Zn 71	- 2.1	41-31	$p_{1/2}-p_{3/2}$	4.5 +
31 Ga 73	- 1.4	31-41	$p_{3/2}-p_{1/2}$	5.9
32 Ge 75	- 1.1	43-33	$p_{1/2}-p_{3/2}$	5.0
32 Ge^{m} 77	- 2.8	45-33	$p_{1/2}-p_{3/2}$	4.8 +
33 As 71	+ 0.6	33-39	$p_{3/2}-p_{1/2}$	5.1
33 As 77	- 0.7	33-43	$p_{3/2}-p_{1/2}$	5.7
34 Se 73	+ 1.29	39-33	$p_{1/2}-p_{3/2}$	5.3
34 Se 81	- 1.5	47-35	$p_{1/2}-p_{3/2}$	4.8