



Spectrum of single-particle orbits in spheroidal potential (N and $Z < 20$). The spectrum is taken from B. R. Mottelson and S. G. Nilsson, *Mat. Fys. Skr. Dan. Vid. Selsk.* 1, no. 8 (1959). The orbits are labeled by the asymptotic quantum numbers $[Nn_3\Lambda\Omega]$ referring to large prolate deformations. Levels with even and odd parity are drawn with solid and dashed lines, respectively.