

$^{189}\text{Ta-2}$

The 160 ns isomer of ^{189}Ta was first observed in 2025 by K.Sharma et al. at Michigan State University, East Lansing, Michigan ([2025Sh11](#)).

[2025Sh11](#) K. Sharma, P. Chowdhury, A. M. Rogers, O. B. Tarasov *et al.*, Phys. Rev. C **111**, L031301 (2025).

Please cite this abstract as: “FRIB Nuclear Data Group, *Discovery of Nuclides Project*, Isomer Database, doi:[10.11578/frib/2572219](https://doi.org/10.11578/frib/2572219)”