

uuu 2 hadrons (all spins aligned + one u opposed to the other 2)
 uud 3 (asa + one u opposed + the d opposed)
 udd 3 (asa + u + d)
 ddd 2 (asa + d)
 uus 3,(asa + u + s)
 uds 4, dds 3, uss 3, dss 3, sss 2, uuc 3, udc 4, ddc 3,
 usc 4, dsc 4, ssc 3, ucc 3, dcc 3, scc 3, ccc 2, uub 3,
 udb 4, ddb 3, usb 4, dsb 4, ssb 3, ucb 4, dcb 4, scb 4,
 ccb 3, ubb 3, dbb 3, sbb 3, cbb 3, bbb 2, uut 3, udt 4,
 ddt 3, ust 4, dst 4, sst 3, uct 4, dct 4, sct 4, cct 3,
 ubt 4, dbt 4, sbt 4, cbt 4, bbt 3, utt 3, dtt 3, stt 3,
 ctt 3, btt 3, ttt 2

uU, uD, dU, dD, uS, dS, sU, sD, sS, uC, dC, sC,
 cU, cD, cS, cC, uB, dB, sB, cB, bU, bD, bS, bC,
 bB, uT, dT, sT, cT, bT, tU, tD, tS, tC, tB, tT