

1 H 1.008 Hydrogen	JUNIOR CANADIAN CHEMISTRY OLYMPIAD Periodic table and data sheet																2 He 4.003 Helium						
3 Li 6.941 Lithium																	4 Be 9.012 Beryllium	5 B 10.81 Boron	6 C 12.01 Carbon	7 N 14.01 Nitrogen	8 O 16.00 Oxygen	9 F 19.00 Fluorine	10 Ne 20.18 Neon
11 Na 22.99 Sodium	12 Mg 24.31 Magnesium																	13 Al 26.98 Aluminium	14 Si 28.09 Silicon	15 P 30.97 Phosphorus	16 S 32.07 Sulfur	17 Cl 35.45 Chlorine	18 Ar 39.95 Argon
19 K 39.10 Potassium	20 Ca 40.08 Calcium	21 Sc 44.96 Scandium	22 Ti 47.87 Titanium	23 V 50.94 Vanadium	24 Cr 52.00 Chromium	25 Mn 54.94 Manganese	26 Fe 55.85 Iron	27 Co 58.93 Cobalt	28 Ni 58.69 Nickel	29 Cu 63.55 Copper	30 Zn 65.38 Zinc	31 Ga 69.72 Gallium	32 Ge 72.61 Germanium	33 As 74.92 Arsenic	34 Se 78.96 Selenium	35 Br 79.90 Bromine	36 Kr 83.80 Krypton						
37 Rb 85.47 Rubidium	38 Sr 87.62 Strontium	39 Y 88.89 yttrium	40 Zr 91.22 Zirconium	41 Nb 92.91 Niobium	42 Mo 95.96 Molybdenum	43 Tc (98) Technetium	44 Ru 101.1 Ruthenium	45 Rh 102.9 Rhodium	46 Pd 106.4 Palladium	47 Ag 107.9 Silver	48 Cd 112.4 Cadmium	49 In 114.8 Indium	50 Sn 118.7 Tin	51 Sb 121.8 Antimony	52 Te 127.6 Tellurium	53 I 126.9 Iodine	54 Xe 131.3 Xenon						
55 Cs 132.9 Cesium	56 Ba 137.3 Barium	57 La 138.9 Lanthanum	72 Hf 178.5 Hafnium	73 Ta 180.9 Tantalum	74 W 183.9 Tungsten	75 Re 186.2 Rhenium	76 Os 190.2 Osmium	77 Ir 192.2 Iridium	78 Pt 195.1 Platinum	79 Au 197.0 Gold	80 Hg 200.6 Mercury	81 Tl 204.4 Thallium	82 Pb 207.2 Lead	83 Bi 209.0 Bismuth	84 Po (209) Polonium	85 At (210) Astatine	86 Rn (222) Radon						
87 Fr (223) Francium	88 Ra (226) Radium	89 Ac (227) Actinium	104 Rf (261) Rutherfordium	105 Db (262) Dubnium	106 Sg (266) Seaborgium	107 Bh (264) Bohrium	108 Hs (277) Hassium	109 Mt (268) Meitnerium	110 Ds (269) Darmstadtium	111 Rg (272) Roentgenium	112 Cn (285) Copernicium	113 Nh (284) Nihonium	114 Fl (289) Flerovium	115 Mc (288) Moscovium	116 Lv (292) Livermorium	117 Ts (294) Tennessine	118 Og (294) Oganesson						

58 Ce 140.1 Cerium	59 Pr 140.9 Praseodymium	60 Nd 144.2 Neodymium	61 Pm (145) Promethium	62 Sm 150.4 Samarium	63 Eu 152.0 Europium	64 Gd 157.3 Gadolinium	65 Tb 158.9 Terbium	66 Dy 162.5 Dysprosium	67 Ho 164.9 Holmium	68 Er 167.3 Erbium	69 Tm 168.9 Thulium	70 Yb 173.0 Ytterbium	71 Lu 175.0 Lutetium
90 Th 232.0 Thorium	91 Pa 231.0 Protactinium	92 U 238.0 Uranium	93 Np 237.0 Neptunium	94 Pu (244) Plutonium	95 Am (243) Americium	96 Cm (247) Curium	97 Bk (247) Berkelium	98 Cf (251) Californium	99 Es (252) Einsteinium	100 Fm (257) Fermium	101 Md (258) Mendelevium	102 No (259) Nobelium	103 Lr (262) Lawrencium

原子质量单位	Atomic mass unit	1.66054×10^{-27} kg	
阿伏伽德罗常数	Avogadro's number	6.022×10^{23}	1 atm = 101325 Pa
电子电荷量	Charge of an electron	1.60218×10^{-19} C	1 bar = 100000 Pa
法拉第常数	Faraday's constant	96485 C mol ⁻¹	0 °C = 273.15 K
理想气体常数	Gas constant	8.3145 J K ⁻¹ mol ⁻¹	
电子质量	Mass of an electron	9.1094×10^{-31} kg	
光速	Speed of light	2.99792458×10^8 ms ⁻¹	
普朗克常数	Plank Constant	6.62637×10^{-34} Js	