

Energy Levels of ^{19}Na from ENSDF (unpublished, September 2015)

| E_x (MeV \pm keV) | $J^\pi; T$ | Γ | Decay |
|-----------------------|--------------------------------|---------------------|-------|
| g.s. | $(\frac{5}{2}^+)$ | < 40 keV | p |
| 0.120 ± 10 | $(\frac{3}{2}^+)$ | | p |
| 0.745 ± 12 | $\frac{1}{2}^+$ | 101 ± 3 keV | p |
| 2.459 ± 32 | $(\frac{5}{2}, \frac{3}{2})^+$ | 105 ± 10 keV | p |
| 2.769 ± 61 | $(\frac{3}{2}, \frac{5}{2}^+)$ | 250 ± 50 keV | p |
| 4.371 ± 10 | $\frac{3}{2}^-$ | 30 ± 10 keV | p |
| 4.903 ± 10 | $\frac{3}{2}^-$ | 50 ± 10 keV | p |
| 5.585 ± 32 | | 695 ± 72 keV | p |
| 5.809 ± 76 | | 0.46 ± 0.22 MeV | p |
| 5.815 ± 17 | | 141 ± 18 keV | p |