

Energy Levels of ^{19}C from ENSDF (unpublished, April 2016)

E_x (MeV \pm keV)	$J^\pi; T$	$T_{1/2}$ or Γ	Decay
g.s.	$(\frac{1}{2}^+)$	46.3 ± 4.0 ms	β^- , β^-n , β^-2n
0.209 ± 2	$(\frac{3}{2}^+)$	1.34 ± 0.10 ns	γ
(0.282 ± 5)			(γ)
0.653 ± 95	$(\frac{5}{2}^+)$	< 100 keV	n
1.460 ± 100	$\frac{5}{2}^+$	0.29 ± 0.02 MeV	n