

Energy Levels of ^{19}N from ENSDF (unpublished, Jan. 2019)

E_x (MeV \pm keV)	$J^\pi; T$	$T_{1/2}$ (ms)	Decay
g.s.	$\frac{1}{2}^-$	336 ± 3	β^- , $\beta^- \text{n}$
1.143 ± 3	$(\frac{3}{2}^-)$		
1.676 ± 3	$(\frac{5}{2}^-)$		
2.132 ± 9	$(\frac{5}{2}^+, \frac{3}{2}^-)$		
2.511 ± 5	$(\frac{1}{2}^+)$		
3.170 ± 6	$(\frac{7}{2}^-)$		
3.470 ± 30			
4.023 ± 9	$(\frac{7}{2}^-)$		
4.180 ± 20			
6.400 ± 27			n
6.508 ± 27			n
7.025 ± 33			n