

Table 19.1 from (1959AJ76): Energy levels of  $^{19}\text{O}$

$E_x$ (MeV $\pm$ keV)	$J^\pi$	$\tau$ (sec)	Decay	Reactions
0	$\frac{5}{2}^+, (\frac{3}{2}^+)$	$\tau_{1/2} = 29$	$\beta^-$	1, 3, 4, 7
$0.096 \pm 11$	$\frac{3}{2}^\pm, \frac{5}{2}^+$	$\tau_m = (1.75 \pm 0.3) \times 10^{-9}$	$\gamma$	4
$1.469 \pm 11$	$\frac{1}{2}^+$		$\gamma$	4