Table 19.20 from (1987AJ02):
Electromagnetic transition rates from ^{19}F(e, e) [a]

E_{x} in ^{19}F (MeV)	J^π	Mult.	$|M|^2$ [b]
0.110	$\frac{1}{2}^-$	C1	$(5.5 \pm 0.6) \times 10^{-4}$
0.197	$\frac{5}{2}^+$	C2	62.8 ± 0.7
1.46	$\frac{3}{2}^-$	C1	$(9 \pm 2) \times 10^{-4}$
1.55	$\frac{3}{2}^+$	M1	0.15 ± 0.09
3.91	$\frac{3}{2}^+$	M1	0.43 ± 0.25
4.56	$\frac{3}{2}^-$	C1	$(2.8 \pm 2.3) \times 10^{-4}$
5.34	$\frac{1}{2}^+$	M1	0.34 ± 0.05
	$\frac{1}{2}^-$	C1	$(3.8 \pm 0.5) \times 10^{-3}$
5.50	$\frac{3}{2}^+$	M1	0.025
6.09	$\frac{3}{2}^-$	C1	$(4.7 \pm 1.3) \times 10^{-3}$
6.28	$\frac{5}{2}^+$	C2	17 ± 6
6.79	$\frac{3}{2}^-$	C1	$(5.0 \pm 1.3) \times 10^{-3}$
		M2	87 ± 42
7.66	$\frac{3}{2}^+; T = \frac{3}{2}$	M1	0.26 ± 0.08

[a] (1985BR15). See Table 19.20 in (1978AJ03) for the earlier work. P.M. Endt (private communication) adopts $|M|^2 = 8.9 \pm 0.5$ (C3), 6.9 ± 0.5 (C2) and 6.1 ± 2.4 W.u. (M5) for the ground state transitions of ^{19}F*(1.35, 1.55, 2.78).

[b] B(C1) in units of $e^2 \cdot \text{fm}^2$, B(M1) in units of μ_{N}^2, B(C2) in units of $e^2 \cdot \text{fm}^4$ and B(M2) in units of $\mu_{\text{N}}^2 \cdot \text{fm}^2$. These are for transitions *from* the ground state.