

Energy Levels of ^{19}B from ENSDF (unpublished, October 2018)

E_x (MeV \pm keV)	$J^\pi; T^a$	$T_{1/2}$ (ms) ^b	Decay
g.s.	$\frac{3}{2}^-$	2.92 ± 0.13	β^- , β^-n , β^-2n , β^-3n

^a J^π from systematics, see (2001KA66, 2005KA02).

^b From (2003YO02) which includes re-analysis of (1998YO06: 3.3 ± 0.2 ms) data.