Table 19.34 from (1995TI07): Isospin quadruplet components \((T = \frac{3}{2})\) in \(A = 19\) nuclei a

<table>
<thead>
<tr>
<th>(^{19}\text{O})</th>
<th>(^{19}\text{F})</th>
<th>(^{19}\text{Ne})</th>
<th>(^{19}\text{Na})</th>
</tr>
</thead>
<tbody>
<tr>
<td>(E_x) (MeV)</td>
<td>(J^\pi)</td>
<td>(E_x) (MeV)</td>
<td>(J^\pi; T)</td>
</tr>
<tr>
<td>0</td>
<td>(\frac{5}{2}^+)</td>
<td>7.54</td>
<td>(\frac{5}{2}^+; \frac{3}{2}^+)</td>
</tr>
<tr>
<td>0.096</td>
<td>(\frac{3}{2}^+)</td>
<td>7.66</td>
<td>(\frac{3}{2}^+; \frac{3}{2}^+)</td>
</tr>
<tr>
<td>1.47</td>
<td>(\frac{1}{2}^+)</td>
<td>8.79</td>
<td>(\frac{1}{2}^+; \frac{3}{2}^+)</td>
</tr>
<tr>
<td>2.37</td>
<td>(\frac{3}{2}^+)</td>
<td>9.93</td>
<td>(\frac{3}{2}^+; \frac{3}{2}^+)</td>
</tr>
<tr>
<td>3.07</td>
<td>((\frac{3}{2})^+)</td>
<td>10.56</td>
<td>(\frac{3}{2}^+; (\frac{3}{2}))</td>
</tr>
<tr>
<td>3.15</td>
<td>(\frac{5}{2}^+)</td>
<td>10.61</td>
<td>(\frac{5}{2}^+; \frac{3}{2}^-)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11.57</td>
<td>(T = \frac{3}{2})</td>
</tr>
<tr>
<td>4.11</td>
<td>(\frac{3}{2}^+)</td>
<td>11.65</td>
<td>(\frac{3}{2}^+; (\frac{3}{2}))</td>
</tr>
<tr>
<td>4.58</td>
<td>(\frac{3}{2}^-)</td>
<td>12.14</td>
<td>(\frac{3}{2}^-; \frac{3}{2}^-)</td>
</tr>
<tr>
<td>5.08</td>
<td>(\frac{1}{2}^-)</td>
<td>12.58</td>
<td>(\frac{1}{2}^-; \frac{3}{2}^-)</td>
</tr>
<tr>
<td>5.15</td>
<td>((\frac{3}{2})^+)</td>
<td>12.78</td>
<td>(\frac{3}{2}^+; \frac{3}{2}^-)</td>
</tr>
<tr>
<td>5.54</td>
<td>(\frac{3}{2}^+)</td>
<td>12.86</td>
<td>(\frac{3}{2}^+; \frac{3}{2}^-)</td>
</tr>
<tr>
<td>5.70</td>
<td>(\frac{3}{2}^-)</td>
<td>13.32</td>
<td>(\frac{3}{2}^-; (\frac{3}{2}))</td>
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<tr>
<td>6.27</td>
<td>(\frac{1}{2}^-)</td>
<td>13.73</td>
<td>(\frac{1}{2}^-; \frac{3}{2}^-)</td>
</tr>
</tbody>
</table>

a As taken from Tables 19.2, 19.9 and 19.27.