

^{19}Na $Z = 11$ $N = 8$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 131.820 (0.011) MeV

Qbeta+ = 11.177 (0.011) MeV

	Energy T	J+	J-	J-other	T1/2

S-p	= -0.323	(0.011)	-----		
19NA	1			0.000 (5/2+)	1 40 KEV LT
19NA	2			0.120 (3/2+)	2
19NA	3	0.745 1/2+			3 101 KEV 3 0
19NA	4			2.459 (5/2,3/2)+	4 105 KEV 10
19NA	5			2.769 (3/2,5/2+)	5 250 KEV 50

S-2p	= 3.600	(0.011)	-----		
19NA	6		4.371 3/2-		6 30 KEV 10
19NA	7		4.903 3/2-		7 50 KEV 10
19NA	8			5.585	8 695 KEV 72
19NA	9			5.809	9 0.46 MEV 22
19NA	10			5.815	10 141 KEV 18

S-p = -0.323 (0.011)-----
S-n = 20.180 (0.094)-----
S-2p = 3.600 (0.011)-----
S-2n = 37.933 (0.061)-----
S-alpha= 6.062 (0.018)-----

S+p = -2.741 (0.011)
S+n = -14.150 (0.011)
S+2p = -0.417 (0.609)
S+2n = -31.257 (0.011)
S+alpha = -8.606 (0.011)

gap p = -3.063 (0.015)
gap n = 6.030 (0.095)
gap 2p = 3.183 (0.609)
gap 2n = 6.676 (0.061)
gap alpha = -2.544 (0.020)