

|                         | 2-year    |        | 8-year    |        | 14-year    |        | 20-year    |        |
|-------------------------|-----------|--------|-----------|--------|------------|--------|------------|--------|
|                         | Range     | Median | Range     | Median | Range      | Median | Range      | Median |
| <b>Within domain</b>    |           |        |           |        |            |        |            |        |
| <b>Total</b>            |           |        |           |        |            |        |            |        |
| Males                   | 0.4-0.77  | 0.56   | 0.21-0.78 | 0.42   | 0.13-0.72  | 0.36   | 0.09-0.59  | 0.36   |
| Females                 | 0.37-0.71 | 0.53   | 0.23-0.64 | 0.39   | 0.2-0.65   | 0.32   | 0.26-0.5   | 0.35   |
| <b>Team</b>             |           |        |           |        |            |        |            |        |
| Males                   | 0.38-0.81 | 0.63   | 0.16-0.67 | 0.46   | 0.24-0.58  | 0.42   | 0.06-0.41  | 0.28   |
| Females                 | 0.52-0.98 | 0.7    | 0.14-0.79 | 0.48   | 0.15-1     | 0.65   | 0.03-0.72  | 0.23   |
| <b>Competitive</b>      |           |        |           |        |            |        |            |        |
| Males                   | 0.48-0.84 | 0.63   | 0.28-0.74 | 0.47   | 0.26-0.61  | 0.45   | 0.19-0.42  | 0.26   |
| Females                 | 0.53-0.83 | 0.69   | 0.36-0.7  | 0.49   | 0.26-0.91  | 0.45   | 0.21-0.66  | 0.37   |
| <b>Externally paced</b> |           |        |           |        |            |        |            |        |
| Males                   | 0.47-0.88 | 0.64   | 0.29-0.72 | 0.51   | 0.28-0.6   | 0.45   | 0.21-0.43  | 0.26   |
| Females                 | 0.52-0.83 | 0.67   | 0.35-0.7  | 0.52   | 0.25-0.8   | 0.42   | 0.21-0.67  | 0.36   |
| <b>Solitary</b>         |           |        |           |        |            |        |            |        |
| Males                   | 0.24-0.77 | 0.54   | 0.11-0.8  | 0.4    | 0.08-0.82  | 0.42   | 0.18-0.75  | 0.4    |
| Females                 | 0.3-0.72  | 0.51   | 0.2-0.66  | 0.35   | 0.11-0.68  | 0.26   | 0.07-0.53  | 0.26   |
| <b>Non-competitive</b>  |           |        |           |        |            |        |            |        |
| Males                   | 0.26-0.78 | 0.56   | 0.06-0.93 | 0.37   | 0.05-0.92  | 0.36   | 0.07-0.81  | 0.43   |
| Females                 | 0.28-0.7  | 0.46   | 0.17-0.69 | 0.32   | 0.07-0.57  | 0.24   | 0.04-0.5   | 0.16   |
| <b>Internally Paced</b> |           |        |           |        |            |        |            |        |
| Males                   | 0.22-0.75 | 0.55   | 0.12-0.87 | 0.39   | 0.04-0.84  | 0.34   | -0.09-0.8  | 0.43   |
| Females                 | 0.26-0.77 | 0.44   | 0.15-0.73 | 0.33   | 0.06-0.42  | 0.23   | 0.01-0.48  | 0.1    |
| <b>Between domains</b>  |           |        |           |        |            |        |            |        |
| <b>Team</b>             |           |        |           |        |            |        |            |        |
| Males                   | 0.12-0.52 | 0.25   | 0.06-0.33 | 0.22   | 0.06-0.35  | 0.16   | 0.03-0.22  | 0.12   |
| Females                 | 0.01-0.5  | 0.24   | 0.03-0.38 | 0.22   | 0.03-0.35  | 0.17   | 0.03-0.4   | 0.19   |
| <b>Competitive</b>      |           |        |           |        |            |        |            |        |
| Males                   | 0.24-0.51 | 0.36   | 0.14-0.4  | 0.28   | 0.13-0.38  | 0.22   | 0.04-0.32  | 0.21   |
| Females                 | 0.27-0.49 | 0.33   | 0.18-0.42 | 0.29   | 0.11-0.4   | 0.2    | 0.13-0.35  | 0.24   |
| <b>Externally paced</b> |           |        |           |        |            |        |            |        |
| Males                   | 0.23-0.52 | 0.37   | 0.14-0.39 | 0.28   | 0.13-0.37  | 0.26   | -0.46-0.31 | 0.21   |
| Females                 | 0.26-0.47 | 0.33   | 0.18-0.42 | 0.29   | 0.11-0.41  | 0.2    | 0.13-0.37  | 0.24   |
| <b>Solitary</b>         |           |        |           |        |            |        |            |        |
| Males                   | 0.07-0.72 | 0.46   | 0.01-0.77 | 0.33   | 0.06-1.23  | 0.56   | 0.12-0.67  | 0.32   |
| Females                 | 0.14-0.7  | 0.48   | 0.03-0.64 | 0.31   | 0.03-0.66  | 0.28   | 0.02-0.52  | 0.26   |
| <b>Non-competitive</b>  |           |        |           |        |            |        |            |        |
| Males                   | 0.03-0.66 | 0.39   | 0.05-0.72 | 0.29   | 0.02-0.74  | 0.37   | 0.1-0.63   | 0.41   |
| Females                 | 0.11-0.58 | 0.4    | 0.03-0.71 | 0.26   | 0.03-0.46  | 0.2    | 0-0.44     | 0.2    |
| <b>Internally Paced</b> |           |        |           |        |            |        |            |        |
| Males                   | 0.06-0.64 | 0.4    | 0.03-0.74 | 0.27   | -0.01-0.84 | 0.41   | -0.11-0.62 | 0.36   |
| Females                 | 0.04-0.57 | 0.37   | 0.02-0.76 | 0.25   | 0.08-0.44  | 0.2    | 0-0.41     | 0.22   |

SUPPLEMENTARY TABLE 2. 95-percentile ranges, and medians of tracking coefficients.