

Table S1. Sample

Mean touch-zone value for each leg in each ITU Triathlon Mixed Relay World Championship from 2014 to 2019						
	2014	2015	2016	2017	2018	2019
Leg 1 (female)	/	/	/	/	/	/
Leg 2 (male)	19 s	19 s	21 s	21 s	19 s	18 s
Leg 3 (female)	18 s	18 s	19 s	18 s	17 s	17 s
Leg 4 (male)	17 s	17 s	18 s	18 s	18 s	17 s
Team	54 s	54 s	58 s	57 s	54 s	52 s
Number of finishing teams and athletes in the ITU Triathlon Mixed Relay World Championships between 2014 and 2019						
Year	Teams		Total Athletes		Athletes for gender	
2014	16		64		32	
2015	16		64		32	
2016	12		48		24	
2017	18		72		36	
2018	17		68		34	
2019	13		52		26	
Total	92		368		184	

Table S2. Statistical Analysis Results

The results are showed following the order of Figures in the main text.

* Significantly different ($p \leq 0.05$)

Pearson's r thresholds: .1 small (S), .3 moderate (M), .5 large (L), .7 very large (VL), .9 extremely large (EL)
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Automatic linear regression: Leg times on relay time (Figure 1 C)						
Leg 1	Leg 2	Leg 3	Leg 4			
0.22	0.14	0.41	0.23			
Accuracy: 99.6%						
Automatic linear regression: Discipline/transition portion times on relay time (Figure 2 A)						
	Accuracy	Swim	T1	Cycle	T2	Run
Total	97.9%	0.11	0.01	0.66	0.00	0.21
G1	95.0%	0.14	0.04	0.68	0.00	0.14
Automatic linear regression: Discipline/Transition portion times on leg time (Figure 2 B)						
	Accuracy	Swim	T1	Cycle	T2	Run
Total	99.8%	0.16	0.02	0.64	0.00	0.17
G1	100%	0.16	0.02	0.69	0.00	0.12

Discipline percentages comparisons (Figure 3 A-B)											
Swim		T1		Cycle		T2		Run			
H _(3, 364) = 5.899, p=0.117, η ² =.018		H _(3, 364) = 7.141, p=.068, η ² =.020		H _(3, 364) = 47.937, p=.000*, η ² =.135 ^S		H _(3, 364) = 11.343, p=0.010*, η ² =.029		H _(3, 364) = 58.150, p=0.000*, η ² =.143 ^S			
Cycle				T2				Run			
Leg	1	2	3	4	1	2	3	4	1	2	3
1		U ₍₁₈₂₎ =2145.000, p=.000* r=.432 ^M	U ₍₁₈₂₎ =2679.500, p=.000* r=.327 ^M	U ₍₁₈₂₎ =2008.000, p=.000* r=.459 ^M		U ₍₁₈₂₎ =3987.000, p=.497 r=.099	U ₍₁₈₂₎ =3942.500, p=.423 r=-.018	U ₍₁₈₂₎ =3286.500, p=.009* r=-.161 ^S		U ₍₁₈₂₎ =1964.000, p=.000* r=-.437 ^M	U ₍₁₈₂₎ =2858.000, p=.000* r=-.277 ^S
2	U ₍₁₈₂₎ =2145.000, p=.000* r=.432 ^M		U ₍₁₈₂₎ =3712.000, p=.150; r=-.100 ^S	U ₍₁₈₂₎ =4044.500, p=.604; r=.037	U ₍₁₈₂₎ =3987.000, p=.497 r=.099		U ₍₁₈₂₎ =3809.000, p=.241; r=-.084	U ₍₁₈₂₎ =3110.000, p=.002*; r=-.195 ^S	U ₍₁₈₂₎ =1964.000, p=.000*; r=-.437 ^M		U ₍₁₈₂₎ =3154.000, p=.003*; r=.239 ^S
3	U ₍₁₈₂₎ =2679.500, p=.000* r=.327 ^M	U ₍₁₈₂₎ =3712.000, p=.150; r=-.100		U ₍₁₈₂₎ =3554.000, p=.061; r=.134	U ₍₁₈₂₎ =3942.500, p=.423 r=-.018	U ₍₁₈₂₎ =3809.000, p=.241; r=-.084		U ₍₁₈₂₎ =3539.500, p=.055; r=-.137	U ₍₁₈₂₎ =2858.000, p=.000* r=-.277 ^S	U ₍₁₈₂₎ =3154.000, p=.003*; r=.239 ^S	
4	U ₍₁₈₂₎ =2008.000, p=.000* r=.459 ^M	U ₍₁₈₂₎ =4044.500, p=.604; r=.037	U ₍₁₈₂₎ =3554.000, p=.061; r=.134 ^S		U ₍₁₈₂₎ =3286.500, p=.009*, r=-.161 ^S	U ₍₁₈₂₎ =3110.000, p=.002*; r=-.195 ^S	U ₍₁₈₂₎ =3539.500, p=.055; r=-.137 ^S		U ₍₁₈₂₎ =1898.000, p=.000*, r=-.441 ^M	U ₍₁₈₂₎ =4041.000, p=.597; r=-.027	U ₍₁₈₂₎ =3013.000, p=.001*; r=-.220 ^S

Discipline times comparisons: Same-sex (Figure 3 C-F)					
	Swim	T1	Cycle	T2	Run
Females	U ₍₁₈₂₎ = 4189.500, p=.906, r=-.033	U ₍₁₈₂₎ = 3772.000, p=.202, r=-.081	U ₍₁₈₂₎ = 2537.000, p=.000*, r=.364 ^M	U ₍₁₈₂₎ = 4172.000, p=.866, r=.072	U ₍₁₈₂₎ = 3880.000, p=.330, r=-.043
Males	U ₍₁₈₂₎ = 2837.000, p=.000*, r=.281 ^S	U ₍₁₈₂₎ = 4173.000, p=.870, r=-.011	U ₍₁₈₂₎ = 2623.000, p=.000*, r=.317 ^M	U ₍₁₈₂₎ = 3806.000, p=.229, r=-.109 ^S	U ₍₁₈₂₎ = 2930.500, p=.000*, r=.243 ^S

Leg times comparisons: Same-sex (Figure 1 B)	
Females	Males
$U_{(182)}=219.00, p=.000^*, r=.400^M$	$U_{(182)}=3242.00, p=.006^*, r=.255^S$

Leg comparisons: Percentage values on relay time (Figure 1 A)				
	Leg 1	Leg 2	Leg 3	Leg 4
Leg 1		$U_{(182)}=.000, p=.000^*, r=-.952^{EL}$	$U_{(182)}=2461.500, p=.000^*, r=.377^M$	$U_{(182)}=1.000, p=.000^*, r=-.919^{EL}$
Leg 2	$U_{(182)}=.000, p=.000^*, r=-.952^{EL}$		$U_{(182)}=.000, p=.000^*, r=.958^{EL}$	$U_{(182)}=1226.000, p=.000^*, r=.604^L$
Leg 3	$U_{(182)}=2461.500^*, p=.000, r=.377^M$	$U_{(182)}=.000, p=.000^*, r=.958^{EL}$		$U_{(182)}=.000, p=.000^*, r=-.934^{EL}$
Leg 4	$U_{(182)}=1.000, p=.000^*, r=-.919^{EL}$	$U_{(182)}=1226.000, p=.000^*, r=.600^L$	$U_{(182)}=.000, p=.000^*, r=-.934^{EL}$	
$H_{(3, 364)}=298.62, p=.000^*, \eta^2=.894^{VL}$				