

The S2 Table A shows the estimates of the independent factors a) annual best performance and b) annual rate of change for the prediction of the adult personal best performances, calculated for the ages from 14 to 18 years old. Based on partial correlation coefficients, the annual best performance and the annual rate of change of performance positively correlated with the personal best performance for all ages from 13 to 18 years. The R^2 coefficients increased throughout the youth (from 13 to 18 years old).

Table A – Multiple regression analysis to predict adult best performance

Independent variables	Men – High-jump			Men – Long-jump			Women – High-jump			Women – Long-jump		
	β	Partial R	R^2	β	Partial R	R^2	β	Partial R	R^2	β	Partial R	R^2
Age 14 y			0.286			0.194			0.631			0.522
Perf. at 13	0.491	0.454*		0.205	0.349*		0.862	0.776*		0.837	0.714*	
Change 13–14	0.552	0.497*		0.206	0.440*		0.695	0.266*		0.613	0.598*	
Age 15 y			0.534			0.526			0.685			0.536
Perf. at 14	0.508	0.595*		0.515	0.591*		0.683	0.772*		0.628	0.672*	
Change 14–15	0.574	0.642*		0.625	0.665*		0.526	0.683*		0.501	0.587*	
Age 16 y			0.637			0.481			0.754			0.602
Perf. at 15	0.728	0.760*		0.739	0.675*		0.826	0.881*		0.737	0.751*	
Change 15–16	0.560	0.668*		0.548	0.562*		0.473	0.367*		0.457	0.577*	
Age 17 y			0.794			0.668			0.807			0.714
Perf. at 16	0.849	0.877*		0.745	0.786*		0.893	0.866*		0.830	0.834*	
Change 16–17	0.522	0.746*		0.497	0.647*		0.377	0.590*		0.445	0.629*	
Age 18 y			0.815			0.744			0.846			0.793
Perf. at 17	0.882	0.896*		0.841	0.852*		0.943	0.918*		0.866	0.884*	
Change 17–18	0.385	0.662*		0.411	0.623*		0.407	0.707*		0.341	0.597*	

*The p values of the partial R are reported as * $p < 0.001$.*

The S2 Table B shows the estimates of the independent factor annual best performance for the prediction of the adult personal best performances, calculated for the ages from 14 to 18 years old. Based on partial correlation coefficients, the annual best performance performance positively correlated with the personal best performance for all ages from 13 to 18 years. The R^2 coefficients increased throughout the youth (from 13 to 18 years old).

Table B – Regression analysis to predict adult best performance

Independent variables	Men – High-jump			Men – Long-jump			Women – High-jump			Women – Long-jump			
	β	Partial R	R^2	β	Partial R	R^2	β	Partial R	R^2	β	Partial R	R^2	
Age 14 y													
Perf. at 14	0.455	0.455*	0.207	0.389	0.389*	0.152	0.640	0.640*	0.410	0.540	0.540*	0.290	
Age 15 y													
Perf. at 15	0.586	0.586*	0.343	0.492	0.492*	0.240	0.766	0.766*	0.586	0.635	0.635*	0.402	
Age 16 y													
Perf. at 16	0.732	0.732*	0.536	0.655	0.655*	0.428	0.789	0.789*	0.622	0.726	0.726*	0.527	
Age 17 y													
Perf. at 17	0.819	0.819*	0.671	0.762	0.762*	0.580	0.833	0.833*	0.693	0.824	0.824*	0.679	
Age 18 y													
Perf. at 18	0.890	0.890*	0.791	0.815	0.815*	0.664	0.867	0.867*	0.752	0.848	0.848*	0.720	

*The p values of the partial R are reported as * $p < 0.001$.*