



Figure S1. Cohen's d effect size with 95% confidence interval for main effects of competition (a-c) and placement (d-i) among top-three women: (a) 1st place at WWC vs. 1st place at PAWC; (b) 2nd place at WWC vs. 2nd place at PAWC; (c) 3rd place at WWC vs. 3rd place at PAWC; (d) 1st place at WWC vs. 2nd place at WWC; (e) 1st place at WWC vs. 3rd place at WWC; (f) 2nd place at WWC vs. 3rd place at WWC; (g) 1st place at PAWC vs. 2nd place at PAWC; (h) 1st place at PAWC vs. 3rd place at PAWC; (i) 2nd place at PAWC vs. 3rd place at PAWC; WWC, 2015 World Weightlifting Championship; PAWC, 2017 Pan-American Weightlifting Championship.