



Figure S6. Date of capture vs. different age categories of Sand Martins. (Day 1: April 1st). (a) For each age category (among individual age effect:  $P = 0.415$ ), (b) date of collection of the same individual at different ages is connected with lines (within individual age effect:  $P = 0.001$ ). Box plots show medians, quartiles, 5- and 95-percentiles and extreme values. 1 = April 1st Y AXIS.