Content: Supplementary Figures S1-S2:

- Figure S1: Mode water definition: Potential vorticity (PV) vs. potential density criteria.
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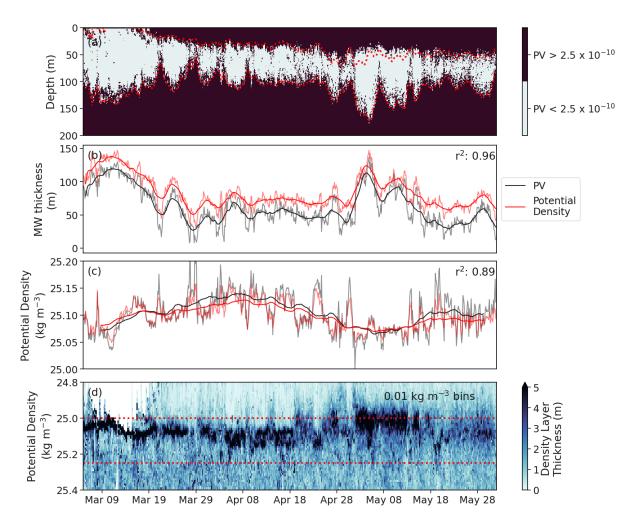


Figure S1. Mode water definition: Potential vorticity (PV) vs. potential density criteria. a) Ocean glider timeseries colored by PV smaller or larger than the median PV ($2.5 \times 10^{-10} \text{ s-2}$). Red contours are the 25 and 25.25 kg m⁻³ isopycnals. b) Mode water thickness using the PV criteria (black) and density criteria (red) for the original time series and 24 h rolling mean. The coefficient of determination (r^2) is 0.96 between these two methods. c) Mode water density using the PV criteria (black) and density criteria (red) for the original time series and 24 h rolling mean. The r^2 is 0.89 between these two methods. d) Potential density layer thickness per 0.01 kg m⁻³ bins in potential density space. Red lines are the 25 and 25.25 kg m⁻³ isopycnals.

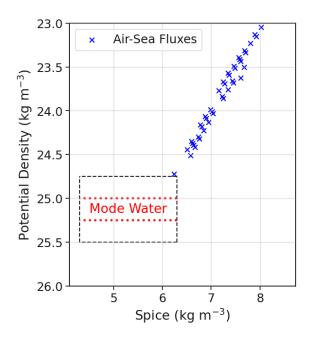


Figure S2: Air-sea fluxes flag. The volume of water bound by a given tracer surface will change by air-sea buoyancy fluxes if the tracer surface outcrops at the ocean surface. We compute the transformation in T-S coordinates as per Evans et al. (2014, 2023) and retrieve the classes that change due to air-sea buoyancy fluxes. The T-S classes are afterwards converted to σ-τ space and are marked as blue crosses. The box shows the σ-τ domain of interest for this study, and the red lines show the mode water potential density band, which lies below the classes affected by the air-sea interface. Air-sea buoyancy fluxes used were derived from the ERA5 reanalysis product (Hersbach et al., 2020), matched to the glider's position and time for high-resolution analysis, and also retrieved as monthly climatological averages over the study area.

References

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