

Captions for Supplementary Tables S1-S37

(Available as external data sheets)

Table S1.	Mariana Prehistoric Archaeological Chronologies (CHamoru terms are subject to modification in future)
Table S2.	Newly Reported Ancient Individuals (N = 164) in This Study
Table S3.	Newly Reported Present-day Individuals (N = 112) in This Study
Table S4.	Grandparental Information for 10 Present-Day Micronesian Individuals Genotyped on the Human Origins Array
Table S5.	Radiocarbon and Isotopic Information
Table S6.	ΔR Estimates from the Northern Mariana Islands Recalculated from Petchey et al. 2018 (13) and Carson 2020 (74) Using IntCal20 and Marine20 Calibration Curves
Table S7.	Published Data Used in this Study
Table S8.	Outgroup f_3 Statistics
Table S9.	f_4 Statistics for Testing Papuan Admixture
Table S10.	f_4 Regression Test for Papuan Sources (Using the Human Origins Data)
Table S11.	f_4 Regression Test for Papuan Sources (Based on the Intersection between the 1240K Panel and the MEGA Array)
Table S12.	f_4 Regression Test for FRO Sources (Using the Human Origins Data)
Table S13.	f_4 Regression Test for FRO Sources (Using Intersection between the 1240K Panel and the MEGA Array)
Table S14.	f_4 Regression Test for Polynesian Interaction (Tonga, Using the Human Origins Data)
Table S15.	f_4 Regression Test for Polynesian Interaction (Samoa, Using the Human Origins Data)
Table S16.	f_4 Regression Test for Polynesian Interaction (Tahiti, Using the Human Origins Data)
Table S17.	f_4 Regression Test for Polynesian Interaction (Rapa Nui, Using the Human Origins Data)
Table S18.	f_4 Regression Test for Polynesian Interaction (Rennell and Bellona, Using the Human Origins Data)

Table S19.	f_4 Regression Test for Polynesian Interaction (Tikopia, Using the Human Origins Data)
Table S20.	f_4 Regression Test for Polynesian Interaction (Ontong Java, Using the Human Origins Data)
Table S21.	f_4 Regression Test for Polynesian Interaction (Tikopia vs. Ontong Java, Using the Human Origins Data)
Table S22.	Phylogenetic Relationship among FRO and Latte Lineages
Table S23.	Papuan Ancestry Proportions in FRO and Latte Lineages
Table S24.	Genetic Models for Micronesian Islanders
Table S25.	Genetic Homogeneity and Continuity of Chuuk and Pohnpei
Table S26.	f_4 (Latte, Unai; Lapita, Outgroups)
Table S27.	Dates of Admixture
Table S28.	Testing the Significance of the Signal of Matrilocalilty using Simulations with Different Split Times and Numbers of Iterations
Table S29.	Tests of Sex-biased Admixture
Table S30.	ROH of Latte Period Individuals (>400,000 Autosomal SNPs)
Table S31.	Summary of IBD Blocks of Latte Period Male Pairs (> 8cM)
Table S32.	Estimates of <i>in situ</i> and <i>ex situ</i> N_e Using ROH and IBD Blocks
Table S33.	Family Relationships among Newly Reported Ancient Individuals
Table S34.	f_4 Regression Test for Additional East Asian Ancestry (Using the Human Origins Data)
Table S35.	f_4 Regression Test for Additional East Asian Ancestry (Using Intersection between the 1240K Panel and the MEGA Array)
Table S36.	Intersections among Different SNP Arrays
Table S37.	f_4 (X, Latte Naton Guam; CDX.SG, GBR.SG)
Table S38.	Full List of Samples and Libraries Screened for This Study