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Supercooling in Confining Theories

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The thermal deconfinement-confinement transition in $SU(N)$ gauge theory is known to be first-order for $N \geq 3$, but the dynamics of this transition are poorly understood. Lattice data indicates the presence of a small coefficient in the exponent of the nucleation rate which likely strongly alters the phase transition dynamics. In this talk, I discuss our study in arXiv:2508.10091 that provides evidence that the small coefficient originates from a deconfined phase instability just below the critical temperature. I will also discuss its likely implications for possible future gravitational wave observations arising from such phase transitions in the early universe.

Authors: KANE, Gaurang Ramakant (Theoretical Physics, University of Oxford); Prof. MARCH-RUSSELL, John (University of Oxford); Prof. AGRAWAL, Prateek (University of California, Santa Barbara); Dr LOLADZE, Vazha (University of Oxford)

Presenter: KANE, Gaurang Ramakant (Theoretical Physics, University of Oxford)

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