

## Abstract

Let  $p$  be a fixed prime. A triangle in  $\mathbb{F}_p^n$  is an ordered triple  $(x, y, z)$  of points satisfying  $x + y + z = 0$ . Let  $N = p^n = |\mathbb{F}_p^n|$ . Green proved an arithmetic triangle removal lemma which says that for every  $\epsilon > 0$  and prime  $p$ , there is a  $\delta > 0$  such that if  $X, Y, Z \subset \mathbb{F}_p^n$  and the number of triangles in  $X \times Y \times Z$  is at most  $\delta N^2$ , then we can delete  $\epsilon N$  elements from  $X$ ,  $Y$ , and  $Z$  and remove all triangles. Green posed the problem of improving the quantitative bounds on the arithmetic triangle removal lemma, and, in particular, asked whether a polynomial bound holds. Despite considerable attention, prior to this paper, the best known bound, due to the first author, showed that  $1/\delta$  can be taken to be an exponential tower of twos of height logarithmic in  $1/\epsilon$ . We solve Green's problem, proving an essentially tight bound for Green's arithmetic triangle removal lemma in  $\mathbb{F}_p^n$ . We show that a polynomial bound holds, and further determine the best possible exponent. Namely, there is a computable number  $C_p$  such that we may take  $\delta = (\epsilon/3)^{C_p}$ , and we must have  $\delta \leq \epsilon^{C_p - o(1)}$ . In particular,  $C_2 = 1 + 1/(5/3 - \log_2 3) \approx 13.239$ , and  $C_3 = 1 + 1/c_3$  with  $c_3 = 1 - \frac{\log b}{\log 3}$ ,  $b = a^{-2/3} + a^{1/3} + a^{4/3}$ , and  $a = \frac{\sqrt{33}-1}{8}$ , which gives  $C_3 \approx 13.901$ . The proof uses Kleinberg, Sawin, and Speyer's essentially sharp bound on multicolored sum-free sets, which builds on the recent breakthrough on the cap set problem by Croot-Lev-Pach, and the subsequent work by Ellenberg-Gijswijt, Blasiak-Church-Cohn-Grochow-Naslund-Sawin-Umans, and Alon.