

THE 2019 MONITORING PROGRAM*

The following substances are placed on the 2019 Monitoring Program:

- 1. Stimulants:** *In-Competition* only: Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine.
- 2. Narcotics:** *In-Competition* only: Codeine, hydrocodone and tramadol.
- 3. Glucocorticoids:** *In-Competition* (by routes of administration other than oral, intravenous, intramuscular or rectal) and *Out-of-Competition* (all routes of administration).
- 4. 2-ethylsulfanyl-1H-benzimidazole (bemitil):** *In-* and *Out-of-Competition*.
- 5. Beta-2-agonists:** *In-* and *Out-of-Competition*: any combination of beta-2-agonists.

*The World Anti-Doping Code (Article 4.5) states: "WADA, in consultation with Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect patterns of misuse in sport."