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*.


*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.”*