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.”*