



THE 2013 MONITORING PROGRAM*

The following substances are placed on the 2013 Monitoring Program:

1. **Stimulants:** ***In-Competition only:** Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, pseudoephedrine (< 150 micrograms per milliliter), synephrine.*

2. **Narcotics:** ***In-Competition only:** Hydrocodone, morphine/codeine ratio; tapentadol; tramadol.*

3. **Glucocorticosteroids:** ***Out-of-Competition only***

* 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."