



Fédération Internationale  
de Natation

CORNEL MARCULESCU  
EXECUTIVE DIRECTOR

## MEMORANDUM

**TO: All FINA MEMBER FEDERATIONS**

**FROM: FINA, Lausanne**

**DATE: December 11, 2009**

**RE: 2010 Prohibited List and Consequences for  
TUE Procedures**

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Uruguay

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EXECUTIVE DIRECTOR  
CORNEL MARCULESCU

Dear Madam or Sir,

The 2010 List of Prohibited Substances and Methods is now available. This List will go into effect on January 1, 2010. The 2010 List offers a number of changes compared to the 2009 List.

### Pseudoephedrine

First of all the substance *Pseudoephedrine* will be reintroduced to the List.

Until 2003, *pseudoephedrine* was prohibited in sport. It has been included in WADA's Monitoring Program annually from 2004 on. Results of the Monitoring Program over the past five years have shown a sustained increase in samples containing *pseudoephedrine*. The Program indicated clear abuse of this substance with high concentrations in a number of sports and regions. In addition, available literature shows scientific evidence of the performance-enhancing effects of *pseudoephedrine* beyond certain doses.

Based on the results of the Monitoring Program, as well as scientific literature and results of controlled excretion studies conducted by WADA, *pseudoephedrine* will be prohibited above 150 micrograms per millilitre.



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### Salbutamol and Salmeterol

On the other hand, the status of the substances *Salbutamol* and *Salmeterol*, two beta-2 agonists, has changed. *Salbutamol* will be permitted under 1,000 nanograms per milliliter. *Salmeterol* will also be permitted.

Therefore the use of *salbutamol* (maximum 1600 micrograms over 24 hours) by inhalation and *salmeterol* by inhalation will no longer require a TUE but a Declaration of Use in accordance with the International Standard for Therapeutic Use Exemptions.

We remain at your disposal for any questions you may have.

Yours sincerely,

**Cornel Marculescu**  
Executive Director

CM/jl

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