



# POLAR EXPRESSIONS PUBLISHING

100% Canadian

PO Box 500 Stn Main  
Maple Ridge BC V2X 3P2  
Phone: (604) 465-0755  
Fax: (604) 465-0756  
E-mail: polarexpressions@shaw.ca  
Web: www.polarexpressions.ca

## 2019 NATIONAL POETRY CONTEST AND 2019 NATIONAL SHORT-STORY CONTEST

### ENTRY FORM

**One entry per author per contest!** (You may submit one poem and one short story maximum!)

Contest suitable for Canadian citizens or residents of all ages.

#### Contact Information:

First Name \_\_\_\_\_

Middle Name or Initial \_\_\_\_\_

Last Name \_\_\_\_\_

Age (required if less than 18;  
optional if notable or over 65) \_\_\_\_\_

**Mailing Information** (for Canada Post, not email – remember to include PO Box, rural route, or apartment number if needed):

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Title of Entry: \_\_\_\_\_

Select:

Poem: # of lines (**max. 48**) \_\_\_\_\_

Short story: # of words (**max. 750**) \_\_\_\_\_

**Your entry will be disqualified if it is over these limits.**

Please tell us how you heard about our contests (opt.):

Notice in Library  Participated Previously

Facebook/Twitter  Other \_\_\_\_\_

E-mail \_\_\_\_\_

Yes, I would like to be added to your mailing list to be notified regarding contest results, book releases, upcoming contests, etc. (2-4x/year)

**Essays, non-fiction, or fanfiction pieces are NOT permitted.** Excerpts from longer pieces and co-written entries are discouraged but will be considered. **Character names and story lines must be original and fictional** (for example, you may not use Spider-Man, Pokémon, etc., and you shouldn't use the names of people you know, including family/friends, without their permission). **All work will be checked for plagiarism.** Be certain to use quotation marks and note the source in your work when referencing another writer's words (proper citation required). Credit as necessary below your poem/story title if your piece was inspired by another poem, story, video game, song, movie, etc.

Additional Comments to Judges (special needs, ESL, etc.): \_\_\_\_\_

#### ABOUT THE AUTHOR

Please write a short paragraph (approx. 30-60 words) about yourself in the third person (ex: "Susan J. Thomas has two grown children she loves travelling with. She has enjoyed her career as a nurse for twenty-five years. Sue is active in her community and has a passion for painting and writing."). You may wish to include your occupation, associations or activities you are involved with, a quote that inspires you (please include source), a personal statement, etc. Please print as clearly as possible. If your entry is published, this information will appear in the collection.

---

---

---

---

---

---

---

---

**\*Privacy Policy:** Your privacy is important to us. The information provided here will be used solely for the purpose of this contest (i.e. to notify participants regarding contest results and the ensuing publication). No information will be sold or distributed.

The deadline is July 31<sup>st</sup>, 2019!