

100% Canadian

Contact Information:

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

Mailing Information (for Canada Post, not email – remember

2024 NATIONAL POETRY CONTEST AND 2024 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.

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.

Legal First Name	to include a unit number, PO Box, or rural route if needed):
Preferred First Name	Mailing Address
Middle Name or Initial	
Legal Last Name	CityProvince
Age (required if less than 18;	Postal Code Phone
optional if noteable or over 65)	Title of Entry:
Parent/Guardian Information (if under 18)	Select:
First Name	Poem: # of lines (max. 48)
Last Name	Short story: # of words (max. 750)
Email (should be parent/guardian's if under 18)	Your entry will be disqualified if it is over these limits.
	Please tell us how you heard about our contests (opt.):
Yes, I would like to join the mailing list to receive contest results	Participated Previously Facebook
and announcements (approx. 2-4x/year)	School/Teacher Other
anywhere online, and I will not share it online until after December elsewhere recently and do not plan to submit it elsewhere in the new Additional Comments to Judges (request special considerat ABOUT THE AUTHOR	ear future (no simultaneous submissions).
Please write a short paragraph (approx. 30-60 words) grown children she loves travelling with. She has enjoyed her career as a number of reading, writing, painting, and yoga.). You may wish to include hobbies, children, a quote that inspires you (please include as possible. If your entry is published, this information	urse for twenty-five years. Sue is active in her community and has a passion ide your occupation or groups you are involved with, e source), or a personal statement. Please print as clearly