



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

100% Canadian

2025 NATIONAL POETRY CONTEST AND 2025 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.

Contact Information:

Legal First Name _____
 Preferred First Name _____
 Middle Name or Initial _____
 Legal Last Name _____
 Age (required if less than 18; _____
 optional if notable or over 65)

Parent/Guardian Information (if under 18)

First Name _____
 Last Name _____

Email (should be parent/guardian's if under 18)

 Yes, I would like to join the mailing list to receive contest results and announcements (approx. 2-4x/year)

Mailing Information (for Canada Post, not email – remember to include a unit number, PO Box, or rural route 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.):
 Participated Previously Facebook
 School/Teacher Other _____

By submitting this entry, I confirm that all phrases, lines, and characters are original and of my own creation (for example, I have not used Spider-Man, Pokémon, celebrities, etc., or a writing prompt where I have copied line(s) or phrases found in a book or online). If a phrase is not my own, I have properly cited it using quotation marks and noted the source (i.e. author and title of work, including books, videos, games, media, TV, movies, etc.) in a footnote. If I have used the names of people I know, I have received their express written permission. If my poem was inspired by another poem, story, song, video game, YouTube video, movie, etc., I have provided the source in the "Additional Comments" section below or as an "Inspired by" line at the top of the poem. This work is not posted anywhere online, and I will not share it online until after December 2025 if it is accepted for publication. I have not submitted this work elsewhere recently and do not plan to submit it elsewhere in the near future (no simultaneous submissions).

Additional Comments to Judges (request special consideration due to disability, ESL, add citation, etc.):

ABOUT THE AUTHOR

Please write a short paragraph (approx. 30-60 words) about yourself in the third person (ex: Susan 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 reading, writing, painting, and yoga.). You may wish to include your occupation or groups you are involved with, hobbies, children, a quote that inspires you (please include source), or a personal statement. Please print as clearly as possible. If your entry is published, this information will appear in the collection.

The deadline is July 31st, 2025!