

Poets Northwest
39th Annual Spring Fling Poetry Contest – 2026

Poetry Received by Email Deadline – Midnight March 21, 2026
USPS Postmark Deadline – March 21, 2026**

E-Mail entry to: texaspoet53@gmail.com

For questions, call or text Lynn Grice – (713) 249-5935
You may Zelle entry fee to poetsnorthwesthtx@gmail.com or mail to address below

Rules

Submit ID sheet along with one set of poems with ID information (Name, Address, Phone/E-Mail, Member/Non-Member) in upper left corner. **(If email entry, see Instructions for complete details)**

- ✓ **Contest is open to ALL Poets Northwest Members, and non-member “Houston & SE Texas area” poets only.** (Harris, Montgomery, Waller, Ft. Bend, Galveston, Brazoria, Chambers, Liberty, Grimes, Walker, San Jacinto, Madison, Trinity, Polk, Houston, Tyler, Harden, Orange, Jefferson, Jasper, Newton, San Augustine, Angelina, & Sabine counties).
- ✓ Poetry must be original work, unpublished (*unless otherwise specified by sponsor*).
- ✓ Poetry must follow guidelines for category. Line limit does not include title, nor spaces (unless otherwise stated).
- ✓ Only one poem per category, and no part of that poem may be entered in another category.
- ✓ Dues-paid members pay \$5 entry fee and may enter all categories. Non-members pay \$5 per category or . . .
- ✓ Houston & SE Texas area Non-members may send \$15 membership dues and \$5 entry fee (\$20 total) with entries.
- ✓ Please do not enter category sponsored by a relative.
- ✓ **If Mailed**, send all poems first class with check/MO payable to *Poets Northwest* (if Zelle – note on ID sheet you are using Zelle) to Lynn Grice – 9611 Magnolia Ridge Dr – Houston, TX 77070. ****Mail BEFORE March 21 deadline, or have hand canceled by a clerk, as the Post Office may delay the postmark otherwise.**

The minimum number of entries for a category to be judged is five. If five entries are not received, it is up to the judge to award prizes or not. If the judge determines not to judge that category, sponsor money WILL be refunded.

SAMPLE ID SHEET (on top of entries)

Poet’s Name
Address
Phone/E-Mail
Member/Non-Member

Category #/Name

1. The Friend Award
(continue with as many categories as entered)

Poem Title

A Song for Sara

Poet’s Name
Address
Phone/E-Mail
Member/Non-Member

Category #/ Name

Poem Title

(Poem does not have to be centered on the page)

Poem

Poets Northwest 2026 Spring Fling Email Instructions for Poets

- Create an ID Sheet as per the example on the Category List coversheet.
- Prefer Word docs for the ID sheet, but if you generally create an Excel document for your ID sheet, you may still do so.
- Title that Word or Excel attachment: ID Sheet Name
 - Ex: **ID Sheet John Doe**
- ON EACH POEM ENTERED (see the example on the Category List coversheet):
 - Put your ID information in the upper left corner - will match your ID Sheet
Skip a line
 - Put the Category Number and Name
Skip a line
 - Then put the poem
- Create 1 Word document – (preferably 12 pt Times New Roman)
ONLY Word documents in either .doc or .docx formats are acceptable. Any other document type, pdfs, or submissions in the body of the email, will not be accepted or considered for entry.
- Title it: SF Entry Your Name
 - Ex: **SF Entry John Doe**
- You will only send 1 set of poems (I will remove the ID info on each poem when sending poems to the judges – still blind judging)
- **Email both the Word doc (or Excel) ID Sheet document, and the Word document of poems as attachments to Lynn Grice at texaspoet53@gmail.com no later than midnight March 21, 2026.**
- Put in the Subject line: PNW Spring Fling Entry – Your Name
 - Ex: **PNW Spring Fling Entry – John Doe**
- **Please state in the body of the email whether you will Zelle or mail your entry fee.**
- Entry fee can be made by Zelle to poetsnorthwesthtx@gmail.com
- If you prefer to mail your entry and or entry fee, follow the directions on the Category List coversheet.
Mail a few days BEFORE March 21, as the Post Office may delay the postmark date.

If you have any questions, please call or text Lynn at 713-249-5935.

Thank you for entering.
Lynn Grice



POETS NORTHWEST
SPRING FLING 2026
CONTEST CATEGORIES

1. **Bluebonnet Award** 1st \$150, 2nd \$75, 3rd \$37.50 Dedicated to those who enjoy music. *Music*. Open form. 30 lines or less. *Poets Northwest members only. Sponsored by Angelique Barber.
2. **The June Leap Memorial Award** 1st \$80, 2nd \$50, 3rd \$30 Dedicated to June Brown Leap. *Celebrating Life*. Open form. 1 page limit. Sponsored by Nancy Leap.
3. **Interesting Times** 1st \$50, 2nd \$25 Dedicated to Patty Davino. *Current events*. Open form. 36 line limit. Sponsored by Forrest Martino.
4. **This v. That** 1st \$30, 2nd \$20, 3rd \$10 Dedicated to cosmic balance. *One theme represented by two contrasting "sides."* One stanza rhymes with a consistent meter; the other is free verse. 1 page limit. Sponsored by Jeff Ward.
5. **Dactyls & Trochees** 1st \$30 *Open subject*. Predominately dactylic meter: Eg. Tennyson's Charge of the Light Brigade: "CANnons to RIGHT of them/ CANnons to LEFT of them/ CANnons aHEAD of them/ VOLly;d and THUNDERed." 38 line limit. Sponsored by Carol Taylor.
6. **Make Mine Metrical** 1st \$25, 2nd \$15, 3rd \$10 Dedicated to Poets Northwest. *Open subject*. Metrical & Rhymed. 1 page limit. *Poets Northwest members only. Sponsored by Cheri Bell.
7. **Kohanski Award** 1st \$25, 2nd \$15, 3rd \$10 Dedicated to Bob & Schemen, husband/daughter. *Open subject*. Free verse. 28 line limit. Sponsored by Maxine B. Kohanski.
8. **Cliché Challenge** 1st \$25, 2nd \$15, 3rd \$10 Clichés can be considered a form of metaphor, a shorthand for linking an image with an insight. Choose **one** cliché that represents a truth or insight that you want to share. Place this cliché strategically in the poem. 15 line limit. *No rhyming poems. Sponsored by Karen Mastracchio.
9. **The President's Award** 1st \$25, 2nd \$15, 3rd \$10 In memory of my great aunt, Della Haanen, who would have been 125 on May 1. Della was a career gal and taught the deaf and the blind for nearly 50 years. She was always the life of the party. *A "practical poem," one to announce a wedding, a birth or an obituary, etc. written as a poem*. Open form. 1 page limit. Sponsored by Mary Creviere Turner.
10. **Prose Poem Award** 1st \$25, 2nd \$10, 3rd \$5 Dedicated to prose poet and mentor, Jamey Dunham, for his use of what he calls "cartoon logic." *Open subject*. Prose poem. 1 page limit; Single column. Sponsored by Eric Blanchard.
11. **The Repetitive Award** 1st \$25, 2nd \$10, 3rd \$5 *A poem about, referring to, or inspired by Edgar Allan Poe or any of his works*. Any repetitive form or poem with a refrain. Ex: Villanelle, Pantoum, Sestina, Ghazal, etc. 1 page limit; Single column. Sponsored by Eric Blanchard.
12. **Stone River Press Award** 1st \$25, 2nd \$10, 3rd \$5 *Open subject*. Open form. 28 line limit. Sponsored by Jackie Pelham.
13. **The Poets Northwest Award** 1st \$25, 2nd \$10 Dedicated to all PNW members, past and present. *Open subject*. Open form. 1 page limit; Single column. Sponsored by PNW.

14. **The Anne Award** 1st \$25, 2nd \$5 In memory of Anne Kirchgraber-McKee. *It's the small things that make a difference.* Free verse. 30 line limit. * No rhyming poems. Sponsored by Jenna Smith.
15. **The Remembering Award** 1st \$25 Dedicated to All dreamers. *Open subject.* Open form. 28 line limit. Sponsored by Maxine B. Kohanski.
16. **The Miller Memorial Award** 1st \$25 Dedicated to Beaux and Charlotte Miller. *Open subject.* Free verse. 40 line limit. *No punctuation other than word and line spacing and the em dash, no capitals except for the pronoun "I" and formal names (if used) iambs are not required. Sponsored by Terry Jude and Gloria Miller.
17. **The Owens Award** 1st \$20, 2nd \$15 Dedicated to unpublished poets. *Trees.* Open form. 30 line limit. Sponsored by Michael Owens.
18. **Squirrel in a Cactus Garden Prize** 1st \$20, 2nd \$10, 3rd \$5 Dedicated to my grandson, Christian. *Open subject.* Modern or traditional Haiku or Senryu. No more than 17 syllables. Sponsored by Lynn Roberts Grice.
19. **Schwei Long Poem Award** 1st \$20, 2nd \$10 *Open subject.* Long poem any form. Minimum 60 lines, maximum 120 lines, not including blank lines. Sponsored by Stephen Schwei.
20. **The Alamo Family Award** 1st \$15, 2nd \$10, 3rd \$5 Dedicated to my girls – Franchesca & Isabel. *Family.* Shakespearian sonnet. 14 line limit. Sponsored by Alina Alamo.
21. **The Walter Joseph Award** 1st \$15, 2nd \$10, 3rd \$5 Dedicated to the memory of Walter Joseph Samp, (KIA in WWII) from his son and grandsons. *Legacy.* Open form. 1 page limit. Sponsored by Don Samp.
22. **Spring Fling Award** 1st \$10 Dedicated to PNW Spring Fling sponsors and volunteers. *Any instance of "Couldn't do it without you."* Open form. Sponsored by Lynn Roberts Grice.