

AMARC RESOURCES LTD  
Form 6-K  
November 21, 2016

---

**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**FORM 6-K**

**REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13a-16 OR 15d-16  
UNDER THE SECURITIES EXCHANGE ACT OF 1934**

As at **NOVEMBER 18, 2016**

Commission File Number: **000-49869**

**AMARC RESOURCES LTD.**

(Translation of registrant's name into English)

**15<sup>th</sup> Floor – 1040 W. Georgia Street  
Vancouver, British Columbia  
Canada V6E 4H1**

(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

[ x ] Form 20-F [       ] Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): [       ]

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): [       ]

---

**SUBMITTED HEREWITH**

Exhibits

99.1 Condensed Interim Financial Statements for the Three and Six Months Ended September 30, 2016 and 2015

99.2 Management's Discussion and Analysis for the Six Months Ended September 30, 2016

99.3 Certification of Interim Filings - CEO

99.4 Certification of Interim Filings - CFO

---

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

**Amarc Resources Ltd.**  
(Registrant)

Date: November 18, 2016

By: */s/ Paul Mann*  
Paul Mann  
Title: Chief Financial Officer

---