

AMARC RESOURCES LTD  
Form 6-K  
July 29, 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 **July 28, 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.

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 Annual Financial Statements for the Years Ended March 31, 2016, 2015 and 2014

99.2 Management's Discussion and Analysis for the Year Ended March 31, 2016

99.3 CEO Certification of Annual Filings

99.4 CFO Certification of Annual Filings

---

**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: July 28, 2016

By: */s/ Paul Mann*

\_\_\_\_\_  
Paul Mann  
Title: Chief Financial Officer

---