

AMARC RESOURCES LTD  
Form 6-K  
October 17, 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**

For the month of **October 17, 2016**

Commission File Number: **000-49869**

**Amarc Resources Ltd.**

(Translation of registrant's name into English)

**15th Floor - 1040 W. Georgia St., Vancouver, BC, V6E 4H8**

(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 Press release October 17, 2016

---

**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: October 17, 2016

By: */s/ Ronald Thiessen*

\_\_\_\_\_  
Ronald Thiessen  
Title: CEO

---