

CANARC RESOURCE CORP  
Form 6-K  
July 12, 2007

FORM 6-K

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

Report of Foreign Issuer

Pursuant to rule 13a-16 or 15d-16 of

The Securities Exchange Act of 1934

**CANARC RESOURCE CORP.**

800, 850 West Hastings Street, Vancouver, British Columbia, V6C 1E1

EXHIBIT LIST

- 99.1 REPORT ON THE 2003 TO 2005 EXPLORATION PROGRAM ON THE NEW POLARIS MINE SITE
- 99.2 SUMMARY REPORT ON THE BENZDORP PROJECT SURINAME
- 99.3 RESOURCE POTENTIAL NEW POLARIS PROJECT
- 99.4 SUMMARY REPORT ON THE BENZDORP PROJECT SURINAME

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.

Canarc Resource Corp.

(Registrant)

Date: July 12, 2007

/s/ Bradford Cooke

Bradford Cooke

Chief Executive Officer