

Young Jason Taney
 Form 4
 September 29, 2017

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Young Jason Taney

2. Issuer Name and Ticker or Trading Symbol
 ARC Group Worldwide, Inc.
 [ARCW]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
 (Month/Day/Year)

____ Director _____ 10% Owner
 ____ Officer (give title below) Other (specify below)

C/O ARC GROUP WORLDWIDE, INC., 810 FLIGHTLINE BLVD

09/28/2017

Former Director & CEO

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

DELAND, FL 32724

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	09/28/2017	09/28/2017	M	62,700	\$ 1.51	A	490,006 D
Common Stock	09/28/2017	09/28/2017	S	40,289	\$ 2.35	D	449,717 D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)	8. Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 1.51	09/28/2017		M		62,700	(1) 09/28/2017	Common Stock	62,700
Stock Option (Right to buy)	\$ 2.5	09/28/2017		J		59,175	08/26/2016 09/28/2017	Common Stock	59,175
Stock Option (Right to Buy)	\$ 2.5	09/28/2017		J	59,175		09/28/2017 06/30/2022	Common Stock	59,175

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Young Jason Taney
C/O ARC GROUP WORLDWIDE, INC.
810 FLIGHTLINE BLVD
DELAND, FL 32724

Former Director & CEO

Signatures

Jason Taney
Young 09/29/2017

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
 - ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Options granted on January 15, 2016. An aggregate of 62,700 options vested in 20% increments on each of January 15, 2016 and January 15, 2017.
 - (2) Effective September 28, 2017, options exercisable for an aggregate of 59,175 shares of common stock, at an exercise price of \$2.50 per share, expiring September 28, 2017 (the "Prior Options"), were exchanged for options exercisable for an aggregate of 59,175 shares of common stock, at an exercise price of \$2.50 per share, expiring June 30, 2022 (the "Exchange Options"). The Exchange Options were

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issued in respect of all Prior Options that had fully vested on or prior to June 30, 2017. The Exchange Options were issued in accordance with the terms and conditions of that certain separation agreement entered into between the reporting person and the issuer, effective June 30, 2017.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.