AMARC RESOURCES LTD Form 6-K July 19, 2018
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 July, 2018
Commission File Number: 000-49869
Amarc Resources Ltd. (Translation of registrant's name into English)
15th Floor - 1040 W. Georgia St., Vancouver, BC, 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 p	aper as permit	ted by Regula	ition S-T Ru	ıle
101(b)(7):	[]							

SUBMITTED HEREWITH

Exhibits

99.1 Press release July 17, 2018

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 19, 2018 By: /s/ Diane Nicolson

Diane Nicolson

Title: President