

AMARC RESOURCES LTD  
Form 6-K  
November 30, 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

As at NOVEMBER 29, 2018

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

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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 Condensed Interim Financial Statements for the period ended September 30, 2018

99.2 Management's Discussion and Analysis for the period ended September 30, 2018

99.3 Form 52-109FV2 Certification of interim filings - venture issuer basic certificate - CEO

99.4 Form 52-109FV2 Certification of interim filings - venture issuer basic certificate - CFO

**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: November 30, 2018 By: */s/ Luqman Khan*  
Luqman Khan  
Title: Chief Financial Officer

