

AMARC RESOURCES LTD  
Form 6-K  
July 23, 2012

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**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 **July 20, 2012**

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.

[ 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 paper as permitted by Regulation S-T Rule 101(b)(7): [ ]

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**SUBMITTED HERewith**

Exhibits

99.1 Annual Financial Statements March 31, 2012 and 2011

99.2 Management Discussion and Analysis

99.3 Certification of Interim Filing - CEO

99.4 Certification of Interim Filing - CFO

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**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 20, 2012

By: */s/ Paul Mann*

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Paul Mann  
Title: Chief Financial Officer