CANARC RESOURCE CORP Form 6-K July 09, 2014

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.

Suite 301 - 700 West Pender Street, Vancouver, British Columbia, V6C 1G8

EXHIBIT LIST

99.1 <u>Press Release dated July 9, 2014 - Canarc Provides Additional Information Regarding TSX Continued Listing Review</u>

SIGNATURES

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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)
(registrant)
Datas July 0, 2014
Date: July 9, 2014 /s/ Catalin Chiloflischi
Catalin Chiloflischi
Chief Executive Officer