

CANARC RESOURCE CORP  
Form 6-K  
November 05, 2009

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.**

800, 850 West Hastings Street, Vancouver, British Columbia, V6C 1E1

EXHIBIT LIST

- 32.1 CEO Certification
- 32.2 CFO Certification
- 99.1 Interim Financial Statements
- 99.2 Management's Discussion & Analysis

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.

Canarc Resource Corp.

(Registrant)

Date: November 4, 2009

/s/ Bradford Cooke

Bradford Cooke

Chief Executive Officer