

SECURITIES AND EXCHANGE COMMISSION

FORM 6-K

Current report of foreign issuer pursuant to Rules 13a-16 and 15d-16 Amendments

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FILER

**ARC RESOURCES LTD.**

CIK: **1029509** | IRS No.: **000000000** | Fiscal Year End: **1231**  
Type: **6-K** | Act: **34** | File No.: **000-30514** | Film No.: **13850968**  
SIC: **1311** Crude petroleum & natural gas

Mailing Address

1200, 308 4TH AVENUE SW  
CALGARY A0 T2P 0H7

Business Address

1200, 308 4TH AVENUE SW  
CALGARY  
CALGARY A0 T2P 0H7  
4035038770

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**UNITED STATES**  
**SECURITIES AND EXCHANGE COMMISSION**  
Washington, D.C. 20549

**FORM 6-K**

**REPORT OF FOREIGN PRIVATE ISSUER**  
**Pursuant to Section 13a-16 or 15d-16 of the**  
**Securities Exchange Act of 1934**

For the month of May 2013

Commission File Number: 000-30514

**ARC RESOURCES LTD.**

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(Exact name of registrant as specified in its charter)

Suite 1200, 308 - 4th Avenue S.W., Calgary, Alberta T2P 0H7

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(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

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).

Note: Regulation S-T Rule 101(b)(1) only permits the submission in paper of a Form 6-K if submitted solely to provide an attached annual report to security holders.

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):

Note: Regulation S-T Rule 101(b)(7) only permits the submission in paper of a Form 6-K if submitted to furnish a report or other document that the registrant foreign private issuer must furnish and make public under the laws of the jurisdiction in which the registrant is incorporated, domiciled or legally organized (the registrant's "home country"), or under the rules of the home country exchange on which the registrant's securities are traded, as long as the report or other document is not a press release, is not required to be and has not been distributed to the registrant's security holders, and, if discussing a material event, has already been the subject of a Form 6-K submission or other Commission filing on EDGAR.

Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes

No

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82-



**SIGNATURE**

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.

Dated: May 16, 2013

**ARC Resources Ltd.**  
(Registrant)

By: /s/ "David Carey"

David Carey

Senior Vice President, Capital Markets

## INDEX TO EXHIBITS

**EXHIBIT  
NUMBER** **TITLE**

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99.1 News Release dated May 16, 2013 - ARC Resources Ltd. confirms June 17, 2013 dividend amount

## ARC Resources Ltd. confirms June 17, 2013 dividend amount

CALGARY, May 16, 2013 /CNW/ - (ARX - TSX) ARC Resources Ltd. ("ARC") confirms that a dividend of \$0.10 per share designated as an eligible dividend will be paid on June 17, 2013 to shareholders of record on May 31, 2013. The ex-dividend date is May 29, 2013. As at May 16, 2013 the trailing twelve-month payments to investors, including the May 15, 2013 payment, total \$1.20 per share.

On May 15, 2013 at its Annual and Special Meeting, ARC's shareholders approved the implementation of a Stock Dividend Program ("SDP"). The SDP provides an additional option to ARC's shareholders with respect to the receipt of dividends. The SDP will enable shareholders to receive dividends in the form of common shares of ARC in lieu of receiving a cash dividend on the dividend payment date. Common shares issued under the SDP are issued at a five per cent discount to the prevailing market price, as defined under the company's SDP, with no broker fees or commissions.

Participation in the SDP or ARC's Dividend Reinvestment Plan ("DRIP") is optional. Shareholders will continue to receive dividend payments in cash unless they choose to participate in the SDP or DRIP. The SDP will take effect for the May 31, 2013 record date with the first stock dividend expected to be issued on approximately June 17, 2013.

The SDP will generally be available to most shareholders and is expected to provide many shareholders with Canadian income tax treatment that is more favourable than ARC's existing DRIP. Shareholders, wherever resident, are encouraged to consult their own tax advisors regarding the tax consequences to them of receiving cash or stock dividends.

ARC's DRIP provides the option for Canadian holders of ARC common shares to have their dividends reinvested into additional common shares of ARC. Common shares issued under the DRIP are issued at a five per cent discount to the prevailing market price, as defined under the company's DRIP, with no broker fees or commissions.

Additional information on the SDP and DRIP including the Dividend Reinvestment/Stock Dividend Enrollment Form can be found on the company's website at [www.arcresources.com](http://www.arcresources.com) or by contacting your financial institution or investment advisor. The availability of the SDP and DRIP and the respective terms and conditions are subject to the discretion of ARC's management and the Board of Directors.

ARC is one of Canada's largest conventional oil and gas companies with an enterprise value of approximately \$9 billion. ARC's common shares trade on the TSX under the symbol ARX.

ADVISORY - In the interests of providing ARC shareholders and potential investors with information regarding ARC, including management's assessment of ARC's future plans and operations, certain information contained in this document are forward-looking statements within the meaning of the "safe harbour" provisions of the United States Private Securities Litigation Reform Act of 1995 and applicable Canadian securities laws. Readers are cautioned not to place undue reliance on forward-looking statements, as there can be no assurance that the plans, intentions or expectations upon which they are based will occur. By their nature, forward-looking statements involve numerous assumptions, known and unknown risks and uncertainties, both general and specific, that contribute to the possibility that the predictions, forecasts, projections and other forward-looking statements will not occur, including those risks and uncertainties contained in ARC Resources Ltd.'s Annual Information Form filed at [www.sedar.com](http://www.sedar.com), which may cause ARC's actual performance and financial results in future periods to differ materially from any estimates or projections of future performance or results expressed or implied by such forward-looking statements.

### ARC RESOURCES LTD.

Myron M. Stadnyk  
President and Chief Executive Officer

SOURCE: ARC Resources Ltd.

%CIK: 0001029509

### For further information:

For further information about ARC Resources Ltd., please visit our website  
[www.arcresources.com](http://www.arcresources.com)

or contact:

Investor Relations, E-mail: [ir@arcresources.com](mailto:ir@arcresources.com)

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ARC Resources Ltd.

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Calgary, AB T2P 0H7

CO: ARC Resources Ltd.

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