

BANK OF MONTREAL /CAN/  
Form 6-K  
October 04, 2016

**FORM 6-K**  
**SECURITIES AND EXCHANGE COMMISSION**

**Washington, D.C. 20549**

**Report of Foreign Private Issuer**

**Pursuant to Rule 13a-16 or 15d-16**

**of the Securities Exchange Act of 1934**

**For the month of: October, 2016**

**Commission File Number: 001-13354**

**BANK OF MONTREAL**

**(Name of Registrant)**

100 King Street West  
1 First Canadian Place  
Toronto, Ontario  
Canada, M5X 1A1

*(Executive Offices)*

129 rue Saint-Jacques  
Montreal, Quebec  
Canada, H2Y 1L6

*(Head Office)*

Indicate by check mark whether the registrant files or will file annual reports under cover of 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):

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):

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-\_\_\_\_\_ .

**INCORPORATION BY REFERENCE**

The information contained in this Form 6-K and any exhibits hereto shall be deemed filed with the Securities and Exchange Commission ( SEC ) solely for purposes of incorporation by reference into and as part of the following registration statements of the registrant on file with and declared effective by the SEC:

1. Registration Statement Form F-3 File No. 333-196387
2. Registration Statement Form F-3 File No. 33-96354
3. Registration Statement Form F-3 File No. 333-189814
4. Registration Statement Form S-8 File No. 333-191591
5. Registration Statement Form S-8 File No. 333-182644
6. Registration Statement Form S-8 File No. 333-180968
7. Registration Statement Form S-8 File No. 333-177579
8. Registration Statement Form S-8 File No. 333-177568
9. Registration Statement Form S-8 File No. 333-176479
10. Registration Statement Form S-8 File No. 333-175413
11. Registration Statement Form S-8 File No. 333-175412
12. Registration Statement Form S-8 File No. 333-113096
13. Registration Statement Form S-8 File No. 333-14260
14. Registration Statement Form S-8 File No. 33-92112

15. Registration Statement Form S-8 File No. 333-207739

**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.

BANK OF MONTREAL

By: /s/ Thomas E. Flynn  
Name: Thomas E. Flynn  
Title: Chief Financial Officer

By: /s/ Barbara M. Muir  
Name: Barbara M. Muir  
Title: Corporate Secretary

**Date:** October 4, 2016

**EXHIBIT INDEX**

Exhibit	Description of Exhibit
<b>99.1</b>	<b>Press Release</b> BMO Financial Group Amends Regulatory Capital Ratios