FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPR	OVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person $^\star$ $\underline{HARTNETT\ MICHAEL\ J}$						2. Issuer Name <b>and</b> Ticker or Trading Symbol RBC Bearings INC [ ROLL ]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
	VLII IVII				_									X	Director			10% Ov		
(Last) (First) (Middle) 102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER					3. Date of Earliest Transaction (Month/Day/Year) 02/28/2017									X Officer (give title Other (specify below)  President and CEO						
(Street) OXFORD CT 06478			_   4. _	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicatione)  X Form filed by One Reporting Person Form filed by More than One Reporting							
(City)	(S	State)	(Zip)												Person					
		Та	ble I - N	on-Deri	ivativ	ve S	ecur	ities Ac	quirec	l, Di	sposed o	f, or Be	neficia	ally (	Owned					
1. Title of Security (Instr. 3)			2. Transa Date (Month/D		ar) E	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)				Acquired (A) or (D) (Instr. 3, 4 and 5)		5. Amount Securities Beneficial Owned Fo Reported	ly	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	(A) or (D)	Price		Transactio (Instr. 3 ar	on(s) nd 4)			,	
Common	Stock			02/28/2017		7			M		2,823	A	\$44.	.6	511,06	1(1)(2)(3)		D		
Common	Stock			02/28/2017		17		S		2,823	D	\$94.3	.3707 508,23		38(1)(2)(3)		D			
Common	Stock			03/01	03/01/2017		7		M		11,551	A	\$44.	.6	519,78	9(1)(2)(3)		D		
Common	Stock			03/01	/2017	7			S		11,551	D	\$95.30	.3095 508,2		38(1)(2)(3)		D		
Common				03/01		017					9,098	A	\$51.0			36(1)(2)(3)		D		
Common	Stock			03/01					S		9,098	D	\$95.30		508,23	3(1)(2)(3)		D		
			Table II	- Deriv	ative	e Se	curiti	ies Aco	wired.	Dis	posed of,	or Bene	eficiall	lv O	wned					
											convertil				wiica					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Execution if any (Month/Da	(e.g.,		ction	5. N of Deri Sec Acq (A) o Disp of (I	umber vative urities uired		xercis	convertil		d Amoun ies g Security	nt 8	3. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s lly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
Derivative Security	Conversion or Exercise Price of Derivative	Date	3A. Deeme Execution if any	(e.g.,	4. Transa Code (	action Instr.	5. N of Deri Sec Acq (A) o Disp of (I	wative urities uired or oosed D) (Instr. and 5)	6. Date E	xercis n Dat ay/Ye	convertil	7. Title an of Securit Underlyin Derivative	d Amoun ies g Security	ht 8	3. Price of Derivative Security	derivative Securities Beneficia Owned Following Reported Transacti	e s lly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership (Instr. 4)	
Derivative Security	Conversion or Exercise Price of Derivative	Date	3A. Deeme Execution if any	(e.g.,	puts  4. Transa Code ( 8)	action Instr.	5. N of Deri Seco Acq (A) o Disp of (I 3, 4	wative urities uired or oosed o) (Instr. and 5)	S, Option 6. Date E Expiration (Month/D)	xercis in Dat lay/Ye	convertil sable and e ar)	7. Title an of Securit Underlyin Derivative (Instr. 3 ar	d Amounies g Security and 4)	nt [ ]	3. Price of Derivative Security	derivative Securities Beneficia Owned Following Reported Transacti	e s llly J on(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership (Instr. 4)	
Option to Purchase Common	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	3A. Deeme Execution if any	(e.g.,	4. Transa Code ( 8)	action Instr.	5. N of Deri Seco Acq (A) o Disp of (I 3, 4	water	6. Date E Expiratio (Month/D	xercis n Dat	convertiles able and e ar)  Expiration Date	7. Title an of Securit Underlyin Derivative (Instr. 3 ar	d Amount or Number of Share	that I I I I I I I I I I I I I I I I I I I	3. Price of Derivative Security (Instr. 5)	derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s s llly g on(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
Option to Purchase Common Stock Common Common Stock Common Common Stock Common	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	3A. Deeme Execution if any	(e.g.,	4. Transa Code (8)  Code	action Instr.	5. N of Deri Seco Acq (A) o Disp of (I 3, 4	with the control of t	S, optic 6. Date Expiratio (Month/D)  Date Exercisal	pons, xercis in Dat any IYee	Expiration Date	7. Title an of Securit Underlyin Derivative (Instr. 3 ar	Amount of Number of Share	)	3. Price of Derivative Security (Instr. 5)	derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	s s s s s s s s s s s s s s s s s s s	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
Option to Purchase Common Stock	Conversion or Exercise Price of Derivative Security \$44.6	Date (Month/Day/Year) 02/28/2017 03/01/2017	3A. Deeme Execution if any	(e.g.,	Puts 4. Transa Code (  Code  M	action Instr.	5. N of Deri Seco Acq (A) o Disp of (I 3, 4	with the second	Date Exercisal 06/04/201	pons, exercisis no Data no Dat	Expiration Date  06/04/2019	7. Title an of Securit Underlyin Derivative (Instr. 3 ar Title  Common Stock  Common	Amount or Number of Share	)	\$. Price of Derivative Security (Instr. 5)	derivative Securities Beneficial Owned Following Reported Transacti (Instr. 4)	9 s s s s s s s s s s s s s s s s s s s	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
Option to Purchase Common Stock	Conversion or Exercise Price of Derivative Security  \$44.6  \$44.6	Date (Month/Day/Year) 02/28/2017 03/01/2017	3A. Deeme Execution if any	(e.g.,	Puts 4. Transa Code (  Code  M	action Instr.	5. N of Deri Seco Acq (A) o Disp of (I 3, 4	with the control of t	Date Exercisal 06/04/201	DNS, xerciss n Dat	Expiration Date 06/04/2019 06/14/2020	7. Title am of Securit Underlyin Derivative (Instr. 3 ar Title  Common Stock  Common Stock  Common Stock	Amount of Number of Shart	)	\$. Price of Derivative Security (Instr. 5)	derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	1 0 2 2 000	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	

## **Explanation of Responses:**

- 1. 16,784 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 7-1/2017. Unvested shares of Restricted Stock (i) may be immediately forfeited to the Company at the time the grantee ceases to be an officer or employee of, or otherwise perform services for, the Company or its subsidiaries under certain circumstances or (ii) may lapse upon the happening of certain events.
- 2. 26133 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule- 1/2 vest on 7/1/2017, 1/2 vest on 7/1/2018. Unvested shares of Restricted Stock (i) may be immediately forfeited to the Company at the time the grantee ceases to be an officer or employee of, or otherwise perform services for, the Company or its subsidiaries under certain circumstances or (ii) may lapse upon the happening of certain events.
- 3. 50,350 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule- 1/3 vest on 7/8/2017, 1/3 vest on 7/8/2018, 1/3 vest on 7/8/2019. Unvested shares of Restricted Stock (i) may be immediately forfeited to the Company at the time the grantee ceases to be an officer or employee of, or otherwise perform services for, the Company or its subsidiaries under certain circumstances or (ii) may lapse upon the happening of certain events.

- 4. Options to purchase shares of Common Stock are subject to the following vesting schedule 1/5 vest on 6/4/2013, 1/5 vest on 6/4/2014, 1/5 vest on 6/4/2015, 1/5 vest on 6/4/2016 and 1/5 vest on 6/4/2017. Options expire 7 years from grant date.
- 5. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 6/14/2014, 1/5 vest on 6/14/2015, 1/5 vest on 6/14/2016, 1/5 vest on 6/14/2017 and 1/5 vest on 6/14/2018. Options expire 7 years from grant date.
- 6. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 7-1/2015, 1/5 vest on 7-1/2016, 1/5 vest on 7-1/2017, 1/5 vest on 7-1/2018 and 1/5 vest on 7-1/2019. Options expire 7 years from grant date.
- 7. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 7/1/2016, 1/5 vest on 7/1/2017, 1/5 vest on 7/1/2018, 1/5 vest on 7/1/2019 and 1/5 vest on 7/1/2020. Options expire 7 years from grant date.
- 8. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 7/8/2017, 1/5 vest on 7/8/2018, 1/5 vest on 7/8/2019, 1/5 vest on 7/8/2020 and 1/5 vest on 7/8/2021. Options expire 7 years from grant date.

## Remarks:

/s/Thomas J. Williams /attorney in fact 03/02/2017

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- \* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.