SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average burde	en									
hours per response:	0.5									

I I. Maile and Address of Reporting Feison			2. Issuer Name and Ticker or Trading Symbol <u>RBC Bearings INC</u> [ROLL]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
			_		Director	10% Owner			
(Last) (Eire	(Firet)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)	- X	Officer (give title below)	Other (specify below)			
(Last) (First) (Middle) 102 WILLENBROCK ROAD		(middle)	08/19/2019		V.P. and Genera	l Manager			
ONE TRIBOI	OGY CENTER								
			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable					
(Street)				Line)	Form filed by One Re	norting Doroon			
OXFORD	СТ	06478			,				
					Form filed by More th Person	an One Reporting			
(City)	(State)	(Zip)							

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of	Acquired (D) (Instr	l (A) or . 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock	08/19/2019		М		3,711	A	\$64.15	16,413(1)	D		
Common Stock	08/19/2019		S		3,711	D	\$160.614	12,702 ⁽¹⁾	D		
Common Stock	08/20/2019		М		289	A	\$64.15	12,991 ⁽¹⁾	D		
Common Stock	08/20/2019		S		289	D	\$157.0205	12,702(1)	D		
Common Stock	08/20/2019		М		4,000	A	\$72.83	16,702 ⁽¹⁾	D		
Common Stock	08/20/2019		S		4,000	D	\$157.0205	12 ,70 2 ⁽¹⁾	D		
Common Stock	08/20/2019		М		2,000	A	\$72.94	14,702(1)	D		
Common Stock	08/20/2019		S		2,000	D	\$157.0205	12 ,70 2 ⁽¹⁾	D		
Common Stock	08/20/2019		М		3,139	A	\$99.64	15,841(1)	D		
Common Stock	08/20/2019		S		3,139	D	\$157.0205	12,702(1)	D		
Common Stock	08/21/2019		М		861	A	\$99.64	13,563 ⁽¹⁾	D		
Common Stock	08/21/2019		S		861	D	\$158.2713	12 ,70 2 ⁽¹⁾	D		
Common Stock	08/21/2019		М		2,000	A	\$132.12	14,702(1)	D		
Common Stock	08/21/2019		S		2,000	D	\$158.2713	12,702(1)	D		

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		of Expir				7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option to Purchase Common Stock	\$64.15	08/19/2019		М			3,711	07/01/2019	07/01/2021	Common Stock	3,711	\$160.614	289	D	
Option to Purchase Common Stock	\$64.15	08/20/2019		М			289	07/01/2019	07/01/2021	Common Stock	289	\$ 157.0205	0	D	
Option to Purchase Common Stock	\$72.83	08/20/2019		М			4,000	07/01/2019	07/01/2022	Common Stock	4,000	\$157.0205	4,000	D	

	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		of Deri Sec Acq (A) (Disp of (I	oosed D) tr. 3, 4	6. Date Exerci Expiration Dat (Month/Day/Ye	e	and 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		rities Derivative ving Security ive Security (Instr. 5)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option to Purchase Common Stock	\$99.64	08/20/2019		М			3,139	06/27/2019 ⁽²⁾	06/27/2024	Common Stock	3,139	\$99.64	12,861	D	
Option to Purchase Common Stock	\$99.64	08/21/2019		М			861	06/27/2019 ⁽²⁾	06/27/2024	Common Stock	861	\$99.64	12,000	D	
Option to Purchase Common Stock	\$132.12	08/21/2019		М			2,000	06/07/2019 ⁽³⁾	06/07/2025	Common Stock	2,000	\$132.12	8,000	D	
Option to Purchase Common Stock	\$72.94							07/08/2019 ⁽⁴⁾	07/08/2023	Common Stock	6,000		6,000	D	
Option to Purchase Common Stock	\$143.92							06/03/2020 ⁽⁵⁾	06/03/2026	Common Stock	10,000		10,000	D	

Explanation of Responses:

1. Includes 5,067 shares of restricted stock, which vest according to the following schedule; 667 shares vest on 6/27/2020; 2,400 shares 1/4 of which vest on 6/7/2020, 1/4 vest on 6/7/2021, 1/4 vest on 6/7/2022 and 1/4 vest on 6/7/2023; and 2,000 shares 1/5 of which vest on 6/3/2020, 1/5 vest on 6/3/2021, 1/5 vest on 6/3/2023, 1/5 vest on 6/3/2023.

2. All these options to purchase Common Stock are exercisable except for 12,000 options that are subject to the following vesting schedule - 1/3 vest on 6/27/2020, 1/3 vest on 6/27/2021 and 1/3 vest on 6/27/2022.

3. All these options to purchase Common Stock are exercisable except for 8,000 options that are subject to the following vesting schedule - 1/4 vest on 6/7/2020, 1/4 vest on 6/7/2021, 1/4 vest on 6/7/2022 and 1/4 vest on 6/7/2023.

4. All these options to purchase Common Stock are exercisable except for 4,000 options that are subject to the following vesting schedule - 1/2 vest on 7/8/2020 and 1/2 vest on 7/8/2021.

5. All these options to purchase Common Stock are exercisable except for 10,000 options that are subject to the following vesting schedule - 1/5 vest on 6/3/2020, 1/5 vest on 6/3/2021, 1/5 vest on 6/3/2022, 1/5 vest on 6/3/2023 and 1/5 vest on 6/3/2024.

Remarks:

<u>/s/Joseph</u> <u>Salamunovich/attorney in fact</u>

<u>08/21/2019</u>

** 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.