FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL												
OMB Number:	3235-028											
1 =												

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

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	_	_						
	OMB Number:	3235-0287						
	Estimated average b	urden						
	hours per response:	0.5						

					_									_					
Name and Address of Reporting Person*				2. I	2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [ROLL]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
BERGERON DANIEL A															Director	•	10% Owner		/ner
(Last) (First) (Middle) 129 PEACEABLE STREET					3. Date of Earliest Transaction (Month/Day/Year) 07/08/2016									X Officer (give title Other (specify below) VP and CFO					
(Street) REDDING CT 06896				4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
(City) (State) (Zip)											Form filed by More than One Reporting Person								
		Tal	ble I - No	n-Deriv	vativ	e Se	ecuritie	s Ac	quired,	Dis	posed o	f, or B	enefi	cially	Owned				
1. Title of Security (Instr. 3) 2. Transc Date (Month/E				ear)	2A. Deemed Execution Date, if any (Month/Day/Year)		, Transaction Disposed Code (Instr. 5)		es Acquired (A) o Of (D) (Instr. 3, 4		and Securities		ly Owned	Form (D) o	: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
									Code	V	Amount	(A) or (D) Pr		ice	Transaction(s) (Instr. 3 and 4)				
Common	Common Stock		07/08	3/201	6			A		10,000		4	0.01	36,648	(1)(5)(8)(10)		D		
			Table II -								osed of, convertib				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	Conversion or Exercise (Month/Day/Year) Price of Derivative Execution if any (Month/D			4. Transa Code (3)		of E		6. Date Exercisal Expiration Date (Month/Day/Year		•	of Secu Underly Derivat	7. Title and Amo of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transactio (Instr. 4)	e Ov s Fo lly Dii or (I)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				C	Code	v	(A)	(D)	Date Exercisab	le	Expiration Date	Title	or Nu of	ount mber ares					
Option to Purchase Common Stock	\$37.66								10/06/201	2 ⁽²⁾	10/06/2018	Commo Stock	ⁿ 20	,000		20,00	0	D	
Option to Purchase Common Stock	\$44.6								06/04/201	3 ⁽³⁾	06/04/2019	Commo Stock	n 20	,000		20,00	0	D	
Option to Purchase Common Stock	\$51.08								06/14/201	4 ⁽⁴⁾	06/14/2020	Commo	ⁿ 20	,000		20,00	0	D	
Option to Purchase Common Stock	\$64.15								07/01/201	5 ⁽⁶⁾	07/01/2021	Commo Stock	ⁿ 20	,000		20,00	0	D	
Option to Purchase Common Stock	\$72.83								07/01/201	6 ⁽⁷⁾	07/01/2022	Commo Stock	ⁿ 20	,000		20,00	0	D	
Option to Purchase Common	\$72.94	07/08/2016			A		40,000		07/08/201	7 ⁽⁹⁾	07/08/2023	Commo	n 40	,000	\$72.94	40,00	0	D	

Explanation of Responses:

- 1. 1500 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse e on 10/06/2016. 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. Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/5 vest on 10/06/2012, 1/5 vest on 10/06/2013, 1/5 vest on 10/06/2014, 1/5 vest on 10/06/2015 and 1/5 vest on 10/06/2016. Options expire 7 years from grant date.
- $3. \ Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/5 vest on 6/4/2013, 1/5 vest on 6/4/2014, 1/5 vest on 6/4/2015, 1/5 vest on 6/4/2016 and 1/5 vest on 6/4/2017.$ Options expire 7 years from grant date.
- 4. 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.
- 5. 1,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapset 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.
- 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. 1500 shares of the reported Common Stock are Restricted Shares. 1/2 vest on 7-1/20176, 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
- 9. 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.

10. 40000 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.

Remarks:

Thomas J. Williams /attorney in fact/ 07/12/2016

** 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.