SEC	Form	4
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	FORM	4	UNITE	D ST	ATE	S SE							NGE	E CC	MMI	SSION				
								Wash	ningtor	n, D.C.	205	49						OMB	APPRO	VAL
Sectio obliga	this box if no lo n 16. Form 4 or tions may conti ction 1(b).	onger subject to r Form 5 nue. <i>See</i>	STA		iled pur	rsuant	to Sectio	on 16	(a) of t	the Se	curit	NEFICI ies Exchan mpany Act	ige Act	of 193		SHIP	Estim		er: verage burde sponse:	3235-0287 en 0.5
1. Name and Address of Reporting Person* <u>Faghri Amir</u>					or Section 30(h) of the Investment Company Act of 1940 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) X Director 10% Owner					
(Last) 77 KAY	(Fi A LANE	irst)	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 02/12/2008										Officer (give title Other (specify below) below)					
(Street) MANSFIELD CT US 06250				4.	4. If Amendment, Date of Original Filed (Month/Day/Year)									Line	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting					
(City)	(S	tate)	(Zip)		_											Person				
		Tal	ole I - No	n-Der	ivativ	e Se	curitie	es A	cqui	red,	Dis	posed o	of, or	Bene	ficial	y Owned				
1. Title of Security (Instr. 3)				Date	nsactior h/Day/Y	ear) E	2A. Deemed Execution Date, if any (Month/Day/Yea		e, T	3. Fransac Code (II 3)		Disposed	ties Acquired (A I Of (D) (Instr. 3,			5. Amou Securitie Benefici Owned F Reported	es ally Following	Form:	vnership : Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Code V Amount (A) (D)					A) or D)	Price	Transaction(s) (Instr. 3 and 4)				(1130. 4)							
Commor	n Stock			02/	12/200)8				Α		1,000	(4)	Α	\$0.0	1,50	0(4)(2)		D	
			Table II -									osed of, converti				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemo Execution if any (Month/Da	Date,	4. Transa Code 8)				Expir	6. Date Exercis Expiration Date (Month/Day/Ye			7. Title and Amount of Securities Underlying Derivative Securit (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transactie (Instr. 4)	e s Ily J	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Benefici Ownerst (Instr. 4)
					Code	v	/ (A) (I		Date Exercisable			Expiration Date	Title	Amor or Numl of e Share						
Option to purchase Common Stock	\$31.91	02/12/2008			Α		2,500		02/12	2/2009 ⁽	(3)	02/12/2015	Comr Stoc		2,500	\$0.01	2,500)	D	
Option to purchase Common Stock	\$8								08/2	27/2004	4	08/27/2014	Comr Stoc		2,500		2,500)	D	
Option to purchase Common Stock	\$15.33								11/0	08/2005	5	11/08/2015	Comr Stoc		2,500		2,500)	D	
Option to purchase	621.02								07/1		n	07/12/2012	Comr	non	2 500		0.500		D	

Explanation of Responses:

Common

Stock

\$21.03

1. Options to purchase shares of common stock are subject to the following vesting schedule: 833 vested on 7/13/07, 833 vest on 7/13/08 and 834 vest on 7/13/09.

2. 333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/2 lapse on 7/12/08 and 1/2 lapse on 7/12/09. 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.

07/13/2007⁽¹⁾ 07/13/2013

3. Options to purchase shares of common stock are subject to the following vesting schedule: 1/5 vest on 2/12/09, 1/5 vest on 2/12/10, 1/5 vest on 2/12/11, 1/5 vest on 2/12/12 and 1/5 vest on 2/12/13.

4. 1,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/5 lapse on 2/12/09, 1/5 lapse on 2/12/10, 1/5 lapse on 2/12/11, 1/5 lapse on 2/12/12 and 1/5 lapse on 2/12/13. 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.

<u>Thomas J. Williams</u>	02/14/2008					
** Signature of Reporting Person	Date					

2.500

Stock

2,500

D

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.