

OMB APPROVAL	
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**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

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

1. Name and Address of Reporting Person* <u>Ambrose Michael H.</u> <hr/> (Last) (First) (Middle) ONE TRIBOLOGY CENTER 102 WILLENBROCK ROAD <hr/> (Street) OXFORD CT 06478 <hr/> (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>RBC Bearings INC [ ROLL ]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below)		
			3. Date of Earliest Transaction (Month/Day/Year) 11/17/2022					
			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		

**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 Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock	11/17/2022		M		600	A	\$163.27	6,600 <sup>(1)</sup>	D	
Common Stock	11/17/2022		M		400	A	\$137.44	7,000 <sup>(1)</sup>	D	
Common Stock	11/17/2022		S		1,000	D	\$235	6,000 <sup>(1)</sup>	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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		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
Option to Purchase Common Stock	\$163.27	11/17/2022		M		600		11/05/2020 <sup>(2)</sup>	11/05/2026	Common Stock	600	\$0	400	D	
Option to Purchase Common Stock	\$137.44	11/17/2022		M		400		06/02/2021 <sup>(3)</sup>	06/02/2027	Common Stock	400	\$0	600	D	
Option to Purchase Common Stock	\$199.16							06/03/2022 <sup>(4)</sup>	06/03/2028	Common Stock	1,000		1,000	D	
Option to Purchase Common Stock	\$199.09							06/06/2023 <sup>(5)</sup>	06/06/2029	Common Stock	1,000		1,000	D	

**Explanation of Responses:**

- Includes 3,000 shares of restricted stock, which vest according to the following schedule; 500 shares that vest on 6/2/2023; 1,000 shares 1/2 of which vest on 6/3/2023 and 1/2 vest on 6/3/2024; and 1,500 shares 1/3 of which vest on 6/6/2023, 1/3 vest on 6/6/2024 and 1/3 vest on 6/6/2025.
- All these options to purchase Common Stock are exercisable except for 400 options that are subject to the following vesting schedule - 1/2 vest on 11/5/2023 and 1/2 vest on 11/5/2024.
- All these options to purchase Common Stock are exercisable except for 600 options that are subject to the following vesting schedule - 1/3 vest on 6/2/2023, 1/3 vest on 6/2/2024 and 1/3 vest on 6/2/2025.
- All these options to purchase Common Stock are exercisable except for 800 options that are subject to the following vesting schedule - 1/4 vest on 6/3/2023, 1/4 vest on 6/3/2024, 1/4 vest on 6/3/2025 and 1/4 vest on 6/3/2026.
- These options to purchase Common Stock are subject to the following vesting schedule - 1/5 vest on 6/6/2023, 1/5 vest on 6/6/2024, 1/5 vest on 6/6/2025, 1/5 vest on 6/6/2026 and 1/5 vest on 6/6/2027.

**Remarks:**

/s/John J. Feeney/attorney in fact 11/18/2022

\*\* 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.