

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

| OMB APPROVAL | |
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|---|---|--|
| 1. Name and Address of Reporting Person* CROWELL RICHARD R (Last) (First) (Middle) 102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER (Street) OXFORD CT 06478 (City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [ROLL] | 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) 09/09/2019 | |
| | 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 | 09/09/2019 | | M | | 500 | A | \$51.08 | 43,570 ⁽¹⁾ | D | |
| Common Stock | 09/09/2019 | | M | | 400 | A | \$64.15 | 43,970 ⁽¹⁾ | D | |
| Common Stock | 09/09/2019 | | M | | 400 | A | \$72.83 | 44,370 ⁽¹⁾ | D | |
| Common Stock | 09/09/2019 | | M | | 400 | A | \$72.94 | 44,770 ⁽¹⁾ | D | |
| Common Stock | 09/09/2019 | | M | | 800 | A | \$99.64 | 45,570 ⁽¹⁾ | D | |
| Common Stock | 09/09/2019 | | S | | 2,500 | D | \$160.0601 | 43,070 ⁽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. 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 | Amount or Number of Shares | | | | |
| Option to Purchase Common Stock | \$51.08 | 09/09/2019 | | M | | | 500 | 06/14/2018 | 06/14/2020 | Common Stock | 500 | \$0 | 0 | D | |
| Option to Purchase Common Stock | \$64.15 | 09/09/2019 | | M | | | 400 | 07/01/2019 | 07/01/2021 | Common Stock | 400 | \$0 | 400 | D | |
| Option to Purchase Common Stock | \$72.83 | 09/09/2019 | | M | | | 400 | 07/01/2020 ⁽²⁾ | 07/01/2022 | Common Stock | 400 | \$0 | 800 | D | |
| Option to Purchase Common Stock | \$72.94 | 09/09/2019 | | M | | | 400 | 07/08/2020 ⁽³⁾ | 07/08/2023 | Common Stock | 400 | \$0 | 1,200 | D | |
| Option to Purchase Common Stock | \$99.64 | 09/09/2019 | | M | | | 800 | 06/27/2020 ⁽⁴⁾ | 06/27/2024 | Common Stock | 800 | \$0 | 1,200 | D | |
| Option to Purchase Common Stock | \$128.24 | | | | | | | 07/03/2020 ⁽⁵⁾ | 07/03/2025 | Common Stock | 1,000 | | 1,000 | D | |
| Option to Purchase Common Stock | \$158.48 | | | | | | | 08/19/2020 ⁽⁶⁾ | 08/19/2026 | Common Stock | 1,000 | | 1,000 | D | |

Explanation of Responses:

1. Includes 2,917 shares of restricted stock, which vest according to the following schedule; 417 shares that vest on 6/27/2020; 1,000 shares 1/2 of which vest on 7/3/2020 and 1/2 vest on 7/3/2021; 1,500 shares 1/3 of which vest on 8/19/2020, 1/3 vest on 8/19/2021 and 1/3 vest on 8/19/2022.
2. All these options to purchase Common Stock are exercisable except for 400 options that vest on 7/1/2020.
3. All these options to purchase Common Stock are exercisable except for 800 options that are subject to the following vesting schedule - 1/2 vest on 7/8/2020 and 1/2 vest on 7/8/2021.
4. Options to purchase shares of Common Stock are subject to the following vesting schedule - 1/3 vest on 6/7/2020, 1/3 vest on 6/7/2021 and 1/3 vest on 6/7/2022.
5. 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 7/3/2020, 1/4 vest on 7/3/2021, 1/4 vest on 7/3/2022 and 1/4 vest on 7/3/2023.
6. Options to purchase shares of Common Stock are subject to the following vesting schedule - 1/5 vest on 8/19/2020, 1/5 vest on 8/19/2021, 1/5 vest on 8/19/2022, 1/5 vest on 8/19/2023 and 1/5 vest on 8/19/2024.

Remarks:

/s/Joseph
Salamunovich/attorney in fact 09/11/2019

** 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.