FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	DC	20549

STATE

EMENT OF CHANGES IN BENEFICIAL OWNERSHIP OMB Nur	nber:

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 burden								
hours per response:	0.5							

													\neg	E. Datationality of Departure 2. (1) 1						
1. Name and Address of Reporting Person* <u>Ambrose Michael H.</u>					2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [RBC]								(Ch	telationship eck all appli X Directo	,		son(s) to Is			
(Last)	Last) (First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 06/05/2023										(give title		Other (below)		
ONE TRIBOLOGY CENTER					4. If a	4. If Amendment, Date of Original Filed (Month/Day/Year)										ndividual or	g (Check A	pplicable		
102 WILLENBROCK ROAD															- 1	Line) X Form filed by One Reporting Person				
(Street) OXFORD CT 06478				-											Form filed by More than One Reporting Person					
———		1	00470		- Ru	Rule 10b5-1(c) Transaction Indication														
(City)	(S	tate)	(Zip)		$ _{\Box}$	Check this box to indicate that a transaction was made pursuant to a satisfy the affirmative defense conditions of Rule 10b5-1(c). See Inst							to a con Instruction	a contract, instruction or written plan that is intended to struction 10.						
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3)				Date	2. Transaction		2A. Deemed Execution Dat if any (Month/Day/Ye		e, 1	3. Transactio Code (Ins 8)			rities Acquired (A ed Of (D) (Instr. 3,			d Securition Benefici	5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
					`		(Code	,	Amount	(A (D) or)	Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)
Common	Stock			06/05	5/2023					A		1,200	0 .	A	\$0	7,200(1)		D		
		Т	able II -									sed of, onvertil				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Da	Date,		ransaction of Ex code (Instr. Derivative (M			Expi	Expiration Date Ar Month/Day/Year) Se Ur De			Amoun Securit Underly Derivat	Amount of Securities		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)
				•	Code	v	(A)	(D)	Date Exer	: rcisable	Ex Da	piration te	Title	OI N	umber					
Option to Purchase Common Stock	\$206.19	06/05/2023			A		1,000		06/05	5/2024 ⁽²⁾	06	/05/2030	Commo Stock		1,000	\$0	1,000		D	
Option to Purchase Common Stock	\$163.27								11/05	5/2020 ⁽³⁾	11	/05/2026	Commo Stock	n	400		400		D	
Option to Purchase Common Stock	\$137,44								06/02	2/2021 ⁽⁴⁾	06	/02/2027	Commo Stock		600		600		D	
Option to Purchase Common Stock	\$199.16								06/03	3/2022 ⁽⁵⁾	06	/03/2028	Commo Stock	n 1	1,000		1,000		D	
Option to Purchase Common	\$199.09								06/06	6/2023 ⁽⁶⁾	06	/06/2029	Commo Stock	n 1	1,000		1,000		D	

Explanation of Responses:

- $1. \ Includes 2,700 \ shares of restricted stock, which vest according to the following schedule; 500 \ shares that vest on 6/3/2024; 1,000 \ shares 1/2 of which vest on 6/6/2024 and 1/2 vest on 6/6/2025; and 1,200 \ shares 1/3 of which vest on 6/5/2024, 1/3 vest on 6/5/2025 and 1/3 vest on 6/5/2026.$
- 2. These options to purchase Common Stock are subject to the following vesting schedule 1/5 vest on 6/5/2024, 1/5 vest on 6/5/2025, 1/5 vest on 6/5/2026, 1/5 vest on 6/5/2027 and 1/5 vest on 6/5/2028.
- 3. All these options to purchase Common Stock are exerciseable 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.
- 4. All these options to purchase Common Stock are exerciseable except for 400 options that are subject to the following vesting schedule 1/2 vest on 6/2/2024 and 1/2 vest on 6/2/2025.
- 5. All these options to purchase Common Stock are exerciseable except for 600 options that are subject to the following vesting schedule 1/3 vest on 6/3/2024, 1/3 vest on 6/3/2025 and 1/3 vest on 6/3/2026.
- 6. All these options to purchase Common Stock are exerciseable except for 800 options that are subject to the following vesting schedule 1/4 vest on 6/6/2024, 1/4 vest on 6/6/2025, 1/4 vest on 6/6/2026 and 1/4 vest on 6/6/2027

Remarks:

/s/John J. Feeney/attorney in

06/07/2023

fact

** 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.