

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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| OMB Number: | 3235-0287 |
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| 1. Name and Address of Reporting Person * <u>CROWELL RICHARD R</u> (Last) (First) (Middle) <u>RBC BEARINGS INCORPORATED</u> <u>ONE TRIBOLOGY CENTER</u> (Street) <u>OXFORD CT 06478</u> (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) <u>02/15/2007</u> | |
| | 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 | 02/15/2007 | | A | | 3,000 | A | \$3.2 | 47,260 ⁽¹⁾ | D | |
| Common Stock | 02/15/2007 | | A | | 12,050 | A | \$2.06 | 59,310 ⁽¹⁾ | D | |
| Common Stock | 02/15/2007 | | S | | 15,050 | D | \$32.3604 | 44,260 ⁽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 | | | | | |
| Option to Purchase Common Stock | \$2.06 | 02/15/2007 | | X | | 12,050 | | 01/01/1999 | 01/01/2009 | Common Stock 12,050 | \$0.01 | 0 | D | |
| Option to Purchase Common Stock | \$3.2 | 02/15/2007 | | X | | 3,000 | | 10/30/2003 | 10/30/2013 | Common Stock 3,000 | \$0.01 | 0 | D | |
| Option to Purchase Common Stock | \$8 | | | | | | | 06/06/2004 | 06/06/2014 | Common Stock 2,500 | | 2,500 | D | |
| Option to Purchase Common Stock | \$12 | | | | | | | 04/01/2002 | 04/01/2012 | Common Stock 12,500 | | 12,500 | D | |
| Option to Purchase Common Stock | \$15.33 | | | | | | | 11/08/2005 | 11/08/2015 | Common Stock 2,500 | | 2,500 | D | |
| Option to Purchase Common Stock | \$21.03 | | | | | | | 07/13/2007 | 07/13/2013 | Common Stock 2,500 | | 2,500 ⁽²⁾ | D | |

Explanation of Responses:

- 500 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/3 lapse on 7/13/07, 1/3 lapse on 7/14/08 and 1/3 lapse on 7/14/09. 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 vest upon the happening of certain events.
- Options to purchase shares of common stock are subject to the following vesting schedule: 1/3 vest on 7/13/07, 1/3 vest on 7/13/08 and 1/3 vest on 7/13/09.

Thomas J. Williams 02/16/2007
 ** 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.

