FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D C	20540
vvasiliigtoii,	D.C.	20049

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL							
OMB Number: 3235-028							
Estimated average burden							
l .							

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

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1. Name and Address of Reporting Person* CROWELL RICHARD R						2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [ROLL]									Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) (First) (Middle) 102 WILLENBROCK ROAD						3. Date of Earliest Transaction (Month/Day/Year) 06/06/2022									Officer (give title Other (specify below) below)					
ONE TRIBOLOGY CENTER					4.1	f Am	endment,	Date	of Original F	Filed	(Month/Da	y/Year	-)		6. Individual or Joint/Group Filing (Check Applicable					
(Street) OXFORD CT 06478												- 1	Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person							
(City) (State) (Zip)																				
	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		e, Transaction Disposed (Code (Instr. 5)		ties Acquired (A) d Of (D) (Instr. 3, 4		(A) or 3, 4 and	Beneficia Owned F	es ally following	Form (D) o	n: Direct r Indirect istr. 4)	7. Nature of Indirect Beneficial Ownership				
									Code	v	Amount	t (A) or (D)		Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock				06/0	06/06/2022						1,500)	Α	\$0 30		,070(1)		D		
									quired, D						Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution I if any (Month/Day	d Date,	4. Transaction Code (Instr. 8)		5. Number 6		6. Date Exe	6, options, converti 6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Sec (Instr. 3 and 4)		ecurity	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s Illy	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	N O	mount r lumber f hares						
Option to Purchase Common Stock	\$199.09	06/06/2022			A		1,000		06/06/2023((2)	06/06/2029	Comi		1,000	\$0	1,000		D		
Option to Purchase Common Stock	\$72.94								07/08/2021	1	07/08/2023	Comi Sto		400		400		D		
Option to Purchase Common Stock	\$99.64								06/27/2021 ⁽	(3)	06/27/2024	Comi Sto		800		800		D		
Option to Purchase Common Stock	\$128.24								07/03/2021 ⁽	(4)	07/03/2025	Comi Sto		600		600		D		
Option to Purchase Common Stock	\$158.48								08/19/2021 ⁽	(5)	08/19/2026	Comi		800		800		D		
Option to Purchase Common Stock	\$137.44								06/02/2021	(6)	06/02/2027	Comi		1,000		1,000)	D		
Option to Purchase Common	\$199.16								06/03/2022	(7)	06/03/2028	Comi		1,000		1,000)	D		

Explanation of Responses:

- 1. Includes 3,500 shares of restricted stock, which vest according to the following schedule; 500 shares that vest on 8/19/2022; 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.
- 2. 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.
- 3. All these options to purchase Common Stock are exerciseable except for 400 options that vest on 6/27/2022.
- 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 7/3/2022 and 1/2 vest on 7/3/2023.
- 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 8/19/2022, 1/3 vest on 8/19/2023 and 1/3 vest on 8/19/2024
- 6. 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 6/2/2023, 1/3 vest on 6/2/2024 and 1/3 vest on 6/2/2025.
- 7. 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 6/3/2023, 1/4 vest on 6/3/2024, 1/4 vest on 6/3/2025 and 1/4 vest on 6/3/2026.

Remarks:

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.