FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL									
	OMB Number:	3235-0287								
	Estimated average burden									
- 1	hours per response.	0.5								

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

							1011 30	(11) 01 1116	investin	ent C	ompany Act	01 1340							
1. Name and Address of Reporting Person* Bannon Patrick S.						2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [RBC]								Relationship of Reporting Person(s) to Issuer (Check all applicable) Director					
(Last) (First) (Middle) 131 WOODS WAY DRIVE						Date 1/15/2		iest Trar	saction (Month	n/Day/Year)		X Officer (give title Other (spec below) below) V.P. and General Manager				specify		
				_ 4.	If Am	endme	nt, Date	of Origin	al File	d (Month/Da	ıy/Year)		6. Individual or Joint/Group Filing (Check Applicable Line)						
(Street) SOUTHBURY CT 06488												X Form filed by One Reporting Person Form filed by More than One Reporting Person							
(City) (State) (Zip)			R	Rule 10b5-1(c) Transaction Indication															
						Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. Itive Securities Acquired, Disposed of, or Beneficially Owned													
		Tal	ole I - No	on-Deri	ivativ	e Se	curi	ties Ad	quire	d, Di	sposed o	f, or Be	neficia	lly Owned					
		2. Transaction Date (Month/Day/Ye		Execution Date,				es Acquired (A) or Of (D) (Instr. 3, 4 and 5)		Securiti Benefic	5. Amount of Securities Beneficially Owned Following		n: Direct r Indirect estr. 4)	7. Nature of Indirect Beneficial Ownership					
									Code	v	Amount	(A) or (D)	Price	Transac (Instr. 3	tion(s)			(Instr. 4)	
Common	Stock			11/15	5/2023				M		4,000	A	\$125.5	56 16,	16,376(1)		D		
Common	Stock			11/15	/2023	2023			M		9,000	A	\$137.4	14 25,	25,376 ⁽¹⁾		D		
Common Stock 11/1			11/15	/2023	2023			S		13,000	D	\$244.273		2,376(1)		D			
			Table II								oosed of, convertil			/ Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deen Executio if any (Month/D	n Date,	4. Trans Code 8)	action of E		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amou of Securities Underlying Derivative Securit (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	Ownershi Form: Direct (D) or Indirect (I) (Instr. 4	Ownership	Beneficial Ownership t (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisa	ıble	Expiration Date	Title	Amount or Number of Shares						
Option to Purchase Common Stock	\$126.56	11/15/2023			M		4,000 02/01/2023 02/01/2025 Common Stock 4,000 \$0		0		D								
Option to Purchase Common Stock	\$137.44	11/15/2023			M			9,000	06/02/20	21 ⁽²⁾	06/02/2027	Common Stock	9,000	\$0	6,000		D		
Option to Purchase Common Stock	\$132.12								06/07/2	023	06/07/2025	Common Stock	2,000		2,000		2,000 D		
Option to Purchase Common Stock	\$143.92								06/03/20	20 ⁽³⁾	06/03/2026	Common Stock	15,000		15,000		D		
Option to Purchase Common Stock	\$199.16								06/03/20	22 ⁽⁴⁾	06/03/2028	Common Stock	5,000		5,000		D		
Option to Purchase Common Stock	\$199.1								06/03/20	23 ⁽⁵⁾	06/03/2029	Common Stock	2,000		2,000)	D		
Option to Purchase Common Stock	\$199.51								06/01/20	24 ⁽⁶⁾	06/01/2030	Common Stock	2,000		2,000)	D		

Explanation of Responses:

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

6. These options to purchase Common Stock are subject to the following vesting schedule - 1/5 vest on 6/1/2024, 1/5 vest on 6/1/2025, 1/5 vest on 6/1/2026, 1/5 vest on 6/1/2027 and 1/5 vest on 6/1/2028.

Remarks:

/s/John J. Feeney/attorney in fact 11/15/2023

** 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.