

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

1. Name and Address of Reporting Person * <u>HARTNETT MICHAEL J</u> (Last) (First) (Middle) 102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER (Street) OXFORD CT 06478 (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 <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>President and CEO</u>
	3. Date of Earliest Transaction (Month/Day/Year) 08/29/2019	
	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 <input type="checkbox"/> 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	08/29/2019		M		3,472	A	\$64.15	398,911 ⁽¹⁾	D	
Common Stock	08/29/2019		S ⁽²⁾		3,472	D	\$160.034	395,439 ⁽¹⁾	D	
Common Stock	08/30/2019		M		2,302	A	\$64.15	397,741 ⁽¹⁾	D	
Common Stock	08/30/2019		S ⁽²⁾		2,302	D	\$160.0342	395,439 ⁽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	\$64.15	08/29/2019		M			3,472	07/01/2019	07/01/2021	Common Stock	3,472	\$0	16,528	D	
Option to Purchase Common Stock	\$64.15	08/30/2019		M			2,302	07/01/2019	07/01/2021	Common Stock	2,302	\$0	14,226	D	
Option to Purchase Common Stock	\$72.83							07/01/2019 ⁽³⁾	07/01/2022	Common Stock	32,000		32,000	D	
Option to Purchase Common Stock	\$72.94							07/08/2019 ⁽⁴⁾	07/08/2023	Common Stock	60,000		60,000	D	
Option to Purchase Common stock	\$99.64							06/27/2019 ⁽⁵⁾	06/27/2024	Common Stock	64,000		64,000	D	
Option to Purchase Common Stock	\$132.12							06/07/2019 ⁽⁶⁾	06/07/2025	Common Stock	76,000		76,000	D	
Option to Purchase Common Stock	\$143.92							06/03/2020 ⁽⁷⁾	06/03/2026	Common Stock	76,000		76,000	D	

Explanation of Responses:

- Includes 99,800 shares of restricted stock, which vest according to the following schedule; 13,067 shares vest on 6/27/2020; 34,693 shares 1/2 of which vest on 6/7/2020 and 1/2 vest on 6/7/2021; and 52,040 shares 1/3 of which vest on 6/3/2020, 1/3 vest on 6/3/2021 and 1/3 vest on 6/3/2022.
- Sold pursuant to a 10b5-1 plan.
- All these options to purchase Common Stock are exercisable except for 16,000 options that vest on 7/1/2020.

4. All these options to purchase Common Stock are exercisable except for 40,000 options that are subject to the following vesting schedule - 1/2 vest on 7/8/2020 and 1/2 vest on 7/8/2021.
5. All these options to purchase Common Stock are exercisable except for 48,000 options that are subject to the following vesting schedule - 1/3 vest on 6/27/2020, 1/3 vest on 6/27/2021 and 1/3 vest on 6/27/2022.
6. All these options to purchase Common Stock are exercisable except for 60,800 options that are subject to the following vesting schedule - 1/4 vest on 6/7/2020, 1/4 vest on 6/7/2021, 1/4 vest on 6/7/2022 and 1/4 vest on 6/7/2023.
7. Options to purchase shares of Common Stock are subject to the following vesting schedule - 1/5 vest on 6/3/2020, 1/5 vest on 6/3/2021, 1/5 vest on 6/3/2022, 1/5 vest on 6/3/2023 and 1/5 vest on 6/3/2024.

Remarks:

/s/Joseph
Salamunovich/attorney in fact 09/03/2019

** 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.