

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* HARTNETT MICHAEL J (Last) (First) (Middle) 102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER (Street) OXFORD CT US 06478 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [ROLL]	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) President and CEO
	3. Date of Earliest Transaction (Month/Day/Year) 09/10/2012	
	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	09/10/2012		M ⁽⁹⁾		28,066 ⁽⁹⁾	A ⁽⁹⁾	\$14.5	160,046 ⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽²⁾⁽¹⁰⁾	D	
Common Stock	09/10/2012		S ⁽⁹⁾		26,066 ⁽⁹⁾	D ⁽⁹⁾	\$47.0114	131,980 ⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽²⁾⁽¹⁰⁾	D	
Common Stock	09/11/2012		M ⁽⁹⁾		8,019 ⁽⁹⁾	A ⁽⁹⁾	\$14.5	139,999 ⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽²⁾⁽¹⁰⁾	D	
Common Stock	09/11/2012		S ⁽⁹⁾		8,019 ⁽⁹⁾	D ⁽⁹⁾	\$47.1	131,980 ⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽²⁾⁽¹⁰⁾	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				
Stock Option for purchase of Common Stock	\$20.37							11/11/2009 ⁽³⁾	11/11/2015	Common Stock	100,000		100,000	D	
Stock Option for purchase of Common Stock	\$22.73							11/16/2010 ⁽⁴⁾	11/16/2016	Common	100,000		100,000	D	
Stock Option for purchase of Common Stock	\$37.66							10/06/2012 ⁽⁸⁾	10/06/2018	Common Stock	100,000		100,000	D	
Stock Option for Common Shares	\$44.6							06/04/2012 ⁽¹¹⁾	06/04/2019	Common Stock	100,000		100,000	D	
Stock Option for Common Stock	\$31.91							02/12/2009 ⁽¹⁾	02/12/2015	Common Stock	20,000		20,000	D	
Stock Option for Common Stock	\$14.5	09/10/2012		M ⁽⁹⁾		28,066 ⁽⁹⁾		03/29/2006	08/10/2015	Common Stock	369,587	\$0	341,521 ⁽⁹⁾	D	
Stock Option for Common Stock	\$14.5	09/11/2012		M ⁽⁹⁾		8,019 ⁽⁹⁾		03/29/2006	08/10/2015	Common Stock	341,521	\$0	333,502 ⁽⁹⁾	D	

Explanation of Responses:

- Options to purchase shares of common stock are subject to the following vesting schedule: 1/5 vest on 2/12/09, 1/5 vest on 2/12/10, 1/5 vest on 2/12/11, 1/5 vest on 2/12/12 and 1/5 vest on 2/12/13.
- 5,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 2/12/13. 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 lapse upon the happening of certain events.
- Options to purchase shares of common stock are subject to the following vesting schedule: 1/3 vested on 11/11/09, 1/3 vest on 11/11/10 and 1/3 vest on 11/11/11.
- Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/5 vest on 11/16/2010, 1/5 vest on 11/16/2011, 1/5 vest on 11/16/2012, 1/5 vest on 11/16/2013 and 1/5 vest on 11/16/2014.

11/16/2014

5. 8,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 11/16/2012. 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 lapse upon the happening of certain events

6. 8,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 4/4/2013. 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 lapse upon the happening of certain events

7. 35,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/5 lapse on 10/06/2012, 1/5 lapse on 10/06/2013, 1/5 lapse on 10/06/2014, 1/5 lapse on 10/06/2015 and 1/5 lapse on 10/06/2016. 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 lapse upon the happening of certain events.

8. Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/5 vest on 10/06/2012, 1/5 vest on 10/06/2013, 1/5 vest on 10/06/2014, 1/5 vest on 10/06/2015 and 1/5 vest on 10/06/2016. Options expire 7 years from grant date.

9. Shares sold pursuant to Rule 10b5-1 Sales Plan established on March 26, 2012 covering 320,000 shares for sale at a price of at least \$47 per share subject to Rule 144 requirements. The shares will be acquired through exercise of the following options: 40,000 shares from an option granted 7/12/2006 and which expires on 7/12/2013 with an exercise price of \$22.66 per share; 80,000 shares from an option granted 2/12/2008 and which expires 2/12/2015 with an exercise price of \$31.91 per share; and 200,000 shares from an option granted 8/10/2005 and which expires 8/10/2015 with an exercise price of \$14.50 per share.

10. 35,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/3 lapse on 6/4/2013, 1/3 lapse on 6/4/2014 and 1/3 lapse on 6/4/2015. 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 lapse upon the happening of certain events.

11. Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/5 vest on 6/4/2013, 1/5 vest on 6/4/2014, 1/5 vest on 6/4/2015, 1/5 vest on 6/4/2016 and 1/5 vest on 6/4/2017. Options expire 7 years from grant date.

Thomas J. Williams /attorney in
fact/ 09/12/2012

** 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.

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