

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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1. Name and Address of Reporting Person* QUAIN MITCHELL I			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 Officer (give title below) Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/13/2018			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		
1 BRISTOL ROAD			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) MIDDLEBURY CT 06762								
(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)	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	08/13/2018		M		2,500	A	\$51.08	10,500 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		S		2,500	D	\$140.1929	8,000 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		M		1,600	A	\$64.15	9,600 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		S		1,600	D	\$140.1929	8,000 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		M		1,200	A	\$72.83	9,200 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		S		1,200	D	\$140.1929	8,000 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		M		800	A	\$72.94	8,800 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		S		800	D	\$140.1929	8,000 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		M		400	A	\$99.64	8,400 ⁽¹⁾⁽²⁾	D	
Common Stock	08/13/2018		S		400	D	\$140.1929	8,000 ⁽¹⁾⁽²⁾	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
Option to Purchase Common Stock	\$51.08	08/13/2018		M			2,500	06/14/2014 ⁽³⁾	06/14/2020	Common Stock	2,500	\$51.08	0	D	
Option to Purchase Common Stock	\$64.15	08/13/2018		M			1,600	07/01/2015 ⁽⁴⁾	07/01/2021	Common Stock	1,600	\$64.15	400	D	
Option to Purchase Common Stock	\$72.83	08/13/2018		M			1,200	07/01/2016 ⁽⁵⁾	07/01/2022	Common Stock	1,200	\$72.83	800	D	
Option to Purchase Common Stock	\$72.94	08/13/2018		M			800	07/08/2017 ⁽⁶⁾	07/08/2023	Common Stock	800	\$72.94	1,200	D	
Option to Purchase Common Stock	\$99.64	08/13/2018		M			400	06/27/2018 ⁽⁷⁾	06/27/2024	Common Stock	400	\$99.64	1,600	D	

Explanation of Responses:

1. 417 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 7/8/2019. 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.

2. 833 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule- 1/2 vest on 6/27/2019 and 1/2 vest on 6/27/2020. 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.

3. Options to purchase shares of Common Stock expire 7 years from grant date.

4. Options to purchase shares of Common Stock vest on 7/1/2019. Options expire 7 years from grant date.

5. Options to purchase shares of Common Stock are subject to the following vesting schedule - 1/2 vest on 7/1/2019 and 1/2 vest on 7/1/2020. Options expire 7 years from grant date.

6. Options to purchase shares of Common Stock are subject to the following vesting schedule - 1/3 vest on 7/8/2019, 1/3 vest on 7/8/2020 and 1/3 vest on 7/8/2021. Options expire 7 years from grant date.

7. Options to purchase shares of Common Stock are subject to the following vesting schedule - 1/4 vest on 6/27/2019, 1/4 vest on 6/27/2020, 1/4 vest on 6/27/2021 and 1/4 vest on 6/27/2022. Options expire 7 years from grant date.

Remarks:

/s/Thomas J. Williams /attorney. 08/14/2018
in 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.