

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
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1. Name and Address of Reporting Person* BERGERON DANIEL A			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) VP, CFO and COO		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/19/2019			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		
129 PEACEABLE STREET			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) REDDING CT 06896								
(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	08/19/2019		M		5,000	A	\$51.08	87,292 ⁽¹⁾	D	
Common Stock	08/19/2019		S		5,000	D	\$158.963	82,292 ⁽¹⁾	D	
Common Stock	08/20/2019		M		10,732	A	\$51.08	93,024 ⁽¹⁾	D	
Common Stock	08/20/2019		S		10,732	D	\$156.9437	82,292 ⁽¹⁾	D	
Common Stock	08/21/2019		M		4,268	A	\$51.08	86,560 ⁽¹⁾	D	
Common Stock	08/21/2019		S		4,268	D	\$158.32	82,292 ⁽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					
Option to Purchase Common Stock	\$51.08	08/19/2019		M			5,000	06/14/2014	06/14/2020	Common Stock 5,000	\$51.08	15,000	D	
Option to Purchase Common Stock	\$51.08	08/20/2019		M			10,732	06/14/2014	06/14/2020	Common Stock 10,732	\$51.08	4,268	D	
Option to Purchase Common Stock	\$51.08	08/21/2019		M			4,268	06/14/2014	06/14/2020	Common Stock 4,268	\$51.08	0	D	
Option to Purchase Common Stock	\$64.15							07/01/2015	07/01/2021	Common Stock 20,000		20,000	D	
Option to Purchase Common Stock	\$72.83							07/01/2016 ⁽²⁾	07/01/2022	Common Stock 25,000		25,000	D	
Option to Purchase Common Stock	\$72.94							07/08/2017 ⁽³⁾	07/08/2023	Common Stock 40,000		40,000	D	
Option to Purchase Common Stock	\$99.64							06/27/2018 ⁽⁴⁾	06/27/2024	Common Stock 30,000		30,000	D	
Option to Purchase Common Stock	\$132.12							06/07/2019 ⁽⁵⁾	06/07/2025	Common Stock 35,000		35,000	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	\$143.92							06/03/2020 ⁽⁶⁾	06/03/2026	Common Stock	35,000		35,000	D	

Explanation of Responses:

- Includes 45,000 shares of restricted stock, which vest according to the following schedule; 3,333 shares vest on 6/27/2020; 16,667 shares 1/2 of which vest on 6/7/2020 and 1/2 vest on 6/7/2021; and 25,000 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.
- All these options to purchase Common Stock are exercisable except for 5,000 options that vest on 7/1/2020.
- All these options to purchase Common Stock are exercisable except for 16,000 options that are subject to the following vesting schedule - 1/2 vest on 7/8/2020 and 1/2 vest on 7/8/2021.
- All these options to purchase Common Stock are exercisable except for 18,000 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.
- All these options to purchase Common Stock are exercisable except for 28,000 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.
- 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 08/21/2019

** 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.

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