FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL											
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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

1. Name and Address of Reporting Person* Faghri Amir						2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [ROLL]								Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last)	(Last) (First) (Middle) 77 KAYA LANE					3. Date of Earliest Transaction (Month/Day/Year) 06/03/2013								Officer below)	(give title		Other (s below)	pecify	
(Street) MANSFIELD CT US 06250 (City) (State) (Zip))	4.	4. If Amendment, Date of Original Filed (Month/Day/Year)							Lin	Line) X Form filed by On			p Filing (Check Applicable ne Reporting Person ore than One Reporting		
												Person							
1. Title of Security (Instr. 3)			2. Trar Date	rivativ nsaction h/Day/Y	n	2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. S Transaction Code (Instr.		4. Securitie	sed of, or Benefici Securities Acquired (A) or sposed Of (D) (Instr. 3, 4 a		5. Amour	s Illy	Form	: Direct I Indirect I	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
								Code	v	Amount	(A) or (D)	Price	(Instr. 3 a	Transaction(s) (Instr. 3 and 4)		(
Common					06/03/2013				M		2,500	A \$2							
Common	Stock				06/03/2013				S		1,060	D	\$49.76	2 6,940 ⁽²⁾⁽⁵⁾⁽⁶⁾⁽⁸⁾		(5)(6)(8) D			
			Table II -								osed of, convertib			Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	Date Execution (Month/Day/Year) if any	3A. Deemed Execution I if any (Month/Day	Date,	4. Transa Code (8)		Derivative I		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)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownershi (Instr. 4)	t	
					Code	v	(A)	(D)	Date Exercisa	ble	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	on(s)			
Option to purchase Common Stock	\$31.91								02/12/20	09 ⁽¹⁾	02/12/2015	Common Stock	2,500		2,500		D		
Option to purchase Common Stock	\$8								08/27/2	004	08/27/2014	Common Stock	2,500		2,500		D		
Option to purchase Common Stock	\$15.33								11/08/20	005	11/08/2015	Common Stock	2,500		2,500		D		
Option to purchase Common Stock	\$21.03	06/03/2013			M			2,500	07/13/2	007	07/13/2013	Common Stock	2,500	\$21.03	0		D		
Option to purchase Common Stock	\$20.37								11/11/20	09 ⁽³⁾	11/11/2015	Common Stock	2,500		2,500)	D		
Option to purchase Common Stock	\$22.73								11/16/20	09 ⁽⁴⁾	11/16/2016	Common Stock	2,500		2,500)	D		
Option to purchase cmmon stock	\$39.16								07/07/20	12 ⁽⁷⁾	07/07/2018	Common Stock	2,500		2,500)	D		
Option to Purchase Common	\$44.6	06/04/2012			A ⁽⁹⁾		2,500		06/04/20	13 ⁽⁹⁾	06/04/2019	Common Stock	2,500	\$0	2,500		D		

Explanation of Responses:

- $1. \ Options \ to \ purchase \ shares \ of \ common \ stock \ are \ subject \ to \ the \ following \ vesting \ schedule: 1/5 \ vest \ on \ 2/12/09, 1/5 \ vest \ on \ 2/12/10, 1/5 \ vest \ on \ 2/12/11, 1/5 \ vest \ on \ 2/12/12 \ and \ 1/5 \ vest \ on \ 2/12/13.$
- 2. 200 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.
- 3. 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
- 4. Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/3 vest on 11/16/2010, 1/3 vest on 11/16/2011 and 1/3/ vest on 11/16/2012
- 5. 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. 1,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/3 lapse on 7/7/2012, 1/3 lapse on 7/7/2013 and 1/3 lapse on 7/7/2014. 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. Options to purchase shares of common stock are subject to the following vesting schedule: 1/3 vested on 7/7/2012, 1/3 vest on 7/7/2013 and 1/3 vest on 7/7/2014.
- 8. 1,000 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.
- 9. 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/ 06/04/2013

Date

** Signature of Reporting Person

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.