

**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* <b>CROWELL RICHARD R</b>			2. Issuer Name and Ticker or Trading Symbol <b>RBC Bearings INC [ ROLL ]</b>			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) <b>08/19/2019</b>			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		
102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) <b>OXFORD CT 06478</b>								
(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		A		1,500	A	\$0	43,070 <sup>(1)</sup>	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	\$158.48	08/19/2019		A		1,000		08/19/2020 <sup>(2)</sup>	08/19/2026	Common Stock	\$0	1,000	D	
Option to Purchase Common Stock	\$51.08							06/14/2014	06/14/2020	Common Stock		500	D	
Option to Purchase Common Stock	\$64.15							07/01/2015	07/01/2021	Common Stock		800	D	
Option to Purchase Common Stock	\$72.83							07/01/2016 <sup>(3)</sup>	07/01/2022	Common Stock		1,200	D	
Option to Purchase Common Stock	\$72.94							07/08/2017 <sup>(4)</sup>	07/08/2023	Common Stock		1,600	D	
Option to Purchase Common Stock	\$99.64							06/27/2018 <sup>(5)</sup>	06/27/2024	Common Stock		2,000	D	
Option to Purchase Common Stock	\$128.24							07/03/2019 <sup>(6)</sup>	07/03/2025	Common Stock		1,000	D	

**Explanation of Responses:**

- Includes 2,917 shares of restricted stock, which vest according to the following schedule; 417 shares that vest on 6/27/2020; 1,000 shares 1/2 of which vest on 7/3/2020 and 1/2 vest on 7/3/2021; 1,500 shares 1/3 of which vest on 8/19/2020, 1/3 vest on 8/19/2021 and 1/3 vest on 8/19/2022.
- All these options to purchase Common Stock are exercisable except for 1,000 options that are subject to the following vesting schedule - 1/5 vest on 8/19/2020, 1/5 vest on 8/19/2021, 1/5 vest on 8/19/2022, 1/5 vest on 8/19/2023 and 1/5 vest on 8/19/2024.
- All these options to purchase Common Stock are exercisable except for 400 options that vest on 7/8/2021.
- All these options to purchase Common Stock are exercisable except for 800 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 1,200 options that are subject to the following vesting schedule - 1/3 vest on 6/7/2020, 1/3 vest on 6/7/2021 and 1/3 vest on 6/7/2022.
- All these options to purchase Common Stock are exercisable except for 800 options that are subject to the following vesting schedule - 1/4 vest on 7/3/2020, 1/4 vest on 7/3/2021, 1/4 vest on 7/3/2022 and 1/4 vest on 7/3/2023.

**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.

**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.**