FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
hours nor roomanas:	0.5								

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* Kaplan Steven H.						2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [RBC]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
Kapian Steven H.															X	Directo	ır		10% O	10% Owner	
(Last)	,	ŕ	(Middle)												Other (below)	specify					
11 LIND	EN SHOR	ES 			4. If	f Ame	endmen	t, Date	e of Orig	inal File	ed	(Month/Da	ıy/Year)		6. Inc Line)	lividual or .	loint/Group	Filing	g (Check Ap	oplicable	
(Street) BRANF	ORD C	Т	06405 X Form filed by One Reporting Per Form filed by More than One Re Person							•											
(City)	(State) (Zip)			Rı	Rule 10b5-1(c) Transaction Indication																
						Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.									ed to						
		Tab	ole I - No	n-Deriv	vative	Se	curiti	es A	cquire	d, Di	isp	osed o	f, or B	enefi	cially	Owned					
1. Title of Security (In		nstr. 3)		2. Transa Date (Month/E	saction n/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Yea		Code (Instr.			4. Securition Disposed	ies Acquired (A) o Of (D) (Instr. 3, 4		or and 5)	5. Amour Securitie Beneficia Owned F	s ally following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
									Cod	e V		Amount	(A) or (D)	r Pri	се	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock				11/28	/2023				S			1,085	D	\$2	45.96	3,3	315(1)		D		
		•	Table II -									osed of, onvertik				Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Execution if any (Month/Da	n Date,	4. Transactio Code (Instr 8)		on of E		Expirat	6. Date Exercisat Expiration Date Month/Day/Year			7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)	
					Code	v	(A)	(D)	Date Exercis	able		xpiration ate	Title	Amo or Nun of Sha							
Option to Purchase Common Stock	\$158.48								08/19/2	021 ⁽²⁾	0	8/19/2026	Commor Stock	80	00		800		D		
Option to Purchase Common Stock	\$137.44								06/02/2	021 ⁽³⁾	0	6/02/2027	Commor Stock	1,0	000		1,000		D		
Option to Purchase Common Stock	\$199.16								06/03/2	022 ⁽⁴⁾	00	6/03/2028	Commor Stock	1,0	000		1,000		D		
Option to Purchase Common Stock	\$199.09								06/06/2	023 ⁽⁵⁾	00	6/06/2029	Commor Stock	1,0	000		1,000		D		
Option to Purchase Common Stock	\$206.19								06/05/2	024 ⁽⁶⁾	00	6/05/2030	Commor Stock	1,0	000		1,000		D		

Explanation of Responses:

- 1. Includes 2,700 shares of restricted stock, which vest according to the following schedule; 500 shares that vest on 6/3/2024; 1,000 shares 1/2 of which vest on 6/6/2024 and 1/2 vest on 6/6/2025; and 1,200 shares 1/3 of which vest on 6/5/2024, 1/3 vest on 6/5/2025 and 1/3 vest on 6/5/2026.
- 2. All these options to purchase Common Stock are exerciseable except for 200 options that vest on 8/19/2024.
- 3. All these options to purchase Common Stock are exerciseable except for 400 options that are subject to the following vesting schedule 1/2 vest on 6/2/2024 and 1/2 vest on 6/2/2025.
- 4. All these options to purchase Common Stock are exerciseable except for 600 options that are subject to the following vesting schedule 1/3 vest on 6/3/2024, 1/3 vest on 6/3/2025 and 1/3 vest on 6/3/2026.
- 5. All these options to purchase Common Stock are exerciseable except for 800 options that are subject to the following vesting schedule 1/4 vest on 6/6/2024, 1/4 vest on 6/6/2025, 1/4 vest on 6/6/2026 and
- 6. These options to purchase Common Stock are subject to the following vesting schedule 1/5 vest on 6/5/2024, 1/5 vest on 6/5/2025, 1/5 vest on 6/5/2026, 1/5 vest on 6/5/2027 and 1/5 vest on 6/5/2028.

Remarks:

/s/John J. Feeney/attorney in

11/28/2023

** 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.