	T MICHAEL J										
Form 4 May 03, 20	12										
FORM	ЛЛ	S SECURITIES A		ANGE G	01 11 1 1 1 1 1	OMB AF	PROVAL				
	OMB Number:	3235-0287									
Check t if no loi subject	to STATEMENT	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF									
Section 16. SECURITIES burden hours per response Form 4 or Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section											
<i>See</i> Instruction 30(h) of the Investment Company Act of 1940 1(b).											
(Print or Type Responses)											
	Address of Reporting Person <u>*</u> IT MICHAEL J	2. Issuer Name an Symbol RBC Bearings I I		ding	5. Relationship of Reporting Person(s) to Issuer						
(Last)	(First) (Middle)	3. Date of Earliest T			(Check all applicable)						
	ENBROCK ROAD, ONE GY CENTER	(Month/Day/Year)			_X_ Director 10% Owner _X_ Officer (give title Other (specify below) below) President and CEO						
	(Street)	4. If Amendment, D Filed(Month/Day/Yea	-		6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person						
OXFORD,	CT US 06478				Form filed by Mo Person	ore than One Rej	porting				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1.Title of Security (Instr. 3)	any		4. Securities A onor Disposed o (Instr. 3, 4 and (A)	f (D) 1 5)	Securities Ownership Beneficially Form:		7. Nature of Indirect Beneficial Ownership (Instr. 4)				
		Code V	or Amount (D)		(Instr. 3 and 4)	(msu: i)					
Common Stock	05/01/2012	M <u>(9)</u>	$\begin{array}{ccc} 5,411 & A \\ \underline{(9)} & \underline{(9)} \\ \end{array}$	\$ 31.91	112,391 (5) (6) (7) (2)	D					
Common Stock	05/01/2012	S <u>(9)</u>	5,411 D (9) (9)	\$ 47.2041	106,980 <u>(5)</u> (6) (7) (2)	D					
Common Stock	05/02/2012	M <u>(9)</u>	953 (<u>9)</u> A (<u>9)</u>	\$ 31.91	107,933 <u>(5)</u> (6) (7) (2)	D					
Common Stock	05/02/2012	S <u>(9)</u>	953 (9) D (9)	\$ 47.0345	$ \begin{array}{c} 106,980 \underline{(6)} \\ 5 \underline{(5)} \underline{(7)} \underline{(2)} \end{array} $	D					
Common Stock	05/03/2012	M <u>(9)</u>	$800 ^{(9)} ^{(9)}$	\$ 31.91	$\frac{107,780}{(6)} \frac{(5)}{(7)} \frac{(2)}{(2)}$	D					

Common Stock 05/03/2012

 $800 \stackrel{(9)}{\underline{(9)}} \begin{array}{c} D \\ \underline{(9)} \end{array} \$ 47.005 \begin{array}{c} 106,980 \stackrel{(5)}{\underline{(5)}} \\ \underline{(6)} \stackrel{(7)}{\underline{(2)}} \end{array} D$

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

S(9)

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 control number.

 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. Transactio Code (Instr. 8)	onof D Secu Acqu (A) o Disp (D)	rities uired or osed of r. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount or Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Stock Option for Common Stock	\$ 14.5						03/29/2006	08/10/2015	Common Stock	533,5(
Stock Option for Common Stock	\$ 31.91	05/01/2012		M <u>(9)</u>		5,411 	02/12/2009 <u>(1)</u>	02/12/2015	Common Stock	95,54
Stock Option for purchase of Common Stock	\$ 20.37						11/11/2009 <u>(3)</u>	11/11/2015	Common Stock	100,00
Stock Option for purchase of Common Stock	\$ 22.73						11/16/2010 <u>(4)</u>	11/16/2016	Common	100,00
	\$ 37.66						10/06/2012(8)	10/06/2018		100,00

Stock Option for purchase of Common Stock							Common Stock	
Stock Option for Common Stock	\$ 31.91	05/02/2012	M <u>(9)</u>	953 (9)	02/12/2009 <u>(1)</u>	02/12/2015	Common Stock	90,13
Stock Option for Common Stock	\$ 31.91	05/03/2012	M <u>(9)</u>	800 (9)	02/12/2009 <u>(1)</u>	02/12/2015	Common Stock	89,17

Reporting Owners

Reporting Owner Name / Address	Relationships						
http://mg o when i when o i war out	Director	10% Owner	Officer	Other			
HARTNETT MICHAEL J 102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER OXFORD, CT US 06478	Х		President and CEO				
Signatures							
Thomas J. Williams /attorney		05/03/201	2				

<u>**Signature of Reporting Person</u>

Date

Explanation of Responses:

* 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).

(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.

5,000 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: 1/5 vest on 11/16/2010, 1/5 vest on 11/16/2012, 1/5 vest on 11/16/2013 and 1/5 vest on 11/16/2014

8,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 11/16/2012. Unvested shares of Restricted
(5) 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

8,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 4/4/2013. Unvested shares of Restricted

(6) 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

35,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule: 1/5 lapse on 10/06/2012, 1/5 lapse on 10/06/2013, 1/5 lapse on 10/06/2014, 1/5 lapse on 10/06/2015 and 1/5 lapse on 10/06/2016. Unvested

- (7) 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.
- (8) Options to purchase shares of Common Stock are subject to the following vesting schedule: 1/5 vest on 10/06/2012, 1/5 vest on 10/06/2013, 1/5 vest on 10/06/2014, 1/5 vest on 10/06/2015 and 1/5 vest on 10/06/2016. Options expire 7 years from grant date.

Shares sold pursuant to Rule 10b5-1 Sales Plan established on March 26, 2012 covering 320,000 shares for sale at a price of at least \$47 per share subject to Rule 144 requirements. The shares will be acquired through exercise of the following options: 40,000 shares from an

(9) option granted 7/12/2006 and which expires on 7/12/2013 with an exercise price of \$22.66 per share; 80,000 shares from an option granted 2/12/2008 and which expires 2/12/1015 with an exercise price of \$31.91 per share; and 200,000 shares from an option granted 8/10/2005 and which expires 8/10/2015 with an exercise price of \$14.50 per share.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.