FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
OMB Number:	3235-0287							
Estimated average burden								
<u> </u>	. 0.5							

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Crainer Thomas C					2. Issuer Name and Ticker or Trading Symbol RBC Bearings INC [ROLL]								Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
(Last) 51 OLD	(Fi	First) (Middle) Y ROAD				3. Date of Earliest Transaction (Month/Day/Year) 07/10/2017									r (give title	eral l	10% Owner Other (specify below) I Manager		
(Street) OXFORD CT 06478				- 4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting					
(City)	(City) (State) (Zip)													Person					
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transactio Date (Month/Day/N				tion y/Year)	on 2A. Deemed Execution Da			3. Transaction Code (Instr. 8)		4. Securities Acquired Disposed Of (D) (Instr. 5)		red (A) or str. 3, 4 au	5. Amo	unt of 6. ies Fe cially (C		wnership n: Direct or rect (I) rr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				\rightarrow				Code	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Amount	(A) or (D)	Price	-	3 and 4)		_			
Common Stock 07/10/20 Table II - Derivat						ecu	ritie	s Acc	uired, [) Disp	osed of,	or Ben	\$102.2 eficially		9(1)(2)(3)		D		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	if any		4. Transaction Code (Instr.		5.		ts, options, (6. Date Exercis: Expiration Date (Month/Day/Yea		able and	7. Title an Amount of Securities Underlyin Derivative Security and 4)	nd of s ng	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficial Owned Following Reported Transacti (Instr. 4)	e s lly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
					Code	v	(A)	(D)	Date Exercisab		Expiration Date	Title	Amount or Number of Shares						
Option to Purchase Common Stock	\$37.66								10/06/2012	2(4)	10/06/2018	Common Stock	15,000		15,000	0	D		
Option to Purchase Common Stock	\$44.6								06/04/2013	g(5)	06/04/2019	Common Stock	20,000		20,000	0	D		
Option to Purchase Common Stock	\$51.08								06/14/2014	1 ⁽⁶⁾	06/14/2020	Common Stock	20,000		20,000	0	D		
Option to Purchase Common Stock	\$ 64.15								07/01/201:	5 ⁽⁷⁾	07/01/2021	Common Stock	20,000		20,000	0	D		
Option to Purchase Common Stock	\$72.83								07/01/2010	5 ⁽⁸⁾	07/01/2022	Common Stock	20,000		20,000	0	D		
Option to Purchase Common Stock	\$72.94								07/08/2017	7 ⁽⁹⁾	07/08/2023	Common Stock	10,000		10,000	0	D		
Option to Purchase Common Stock	\$99.64								06/27/2018	(10)	06/27/2024	Common Stock	10,000		10,000	0	D		

- 1. 1,000 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule- 1/3 vest on 7/8/2017, 1/3 vest on 7/8/2018, 1/3 vest on 7/8/2019. 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.
- 2. 1,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule- 1/2 vest on 7-1/2017, 1/2 vest on 7-1/2018. 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. 667 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 7-1/2017. 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.
- 4. 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.
- 5. 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.
- 6. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 6/14/2014, 1/5 vest on 6/14/2015, 1/5 vest on 6/14/2016, 1/5 vest on 6/14/2017 and 1/5 vest on 6/14/2016 and 1/5 vest on 6/14/2018. Options expire 7 years from grant date.
- 7. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 7-1/2015, 1/5 vest on 7-1/2016, 1/5 vest on 7-1/2017, 1/5 vest on 7-1/2018 and 1/5 vest on 7-1/2018 1/2019. Options expire 7 years from grant date.
- 8. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 7-1/2016, 1/5 vest on 7-1/2017, 1/5 vest on 7-1/2018, 1/5 vest on 7-1/2019 and 1/5 vest on 7-1/2019 and 1/5 vest on 7-1/2019. 1/2020. Options expire 7 years from grant date
- 9. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 7/8/2017, 1/5 vest on 7/8/2018, 1/5 vest on 7/8/2019, 1/5 vest on 7/8/2020 and 1/5 vest on 7/8/2021. Options expire 7 years from grant date.
- 10. Options to purchase shares of Common Stock are subject to the following vesting schedule- 1/5 vest on 6/27/2018, 1/5 vest on 6/27/2019, 1/5 vest on 6/27/2020, 1/5 vest on 6/27/2021 and 1/5 vest on 6/27/2022. Options expire 7 years from grant date.

Remarks:

/s/Thomas J. Williams 07/11/2017 /attorney in fact

** 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.