

Williams Thomas J
Form 4
September 11, 2012

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Williams Thomas J

2. Issuer Name and Ticker or Trading Symbol
RBC Bearings INC [ROLL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

15 LAUREL CREST DRIVE

09/07/2012

General Counsel and Secretary

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

BURLINGTON, CT US 06013

(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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	09/07/2012		M ⁽⁹⁾		2,418	A	\$ 31.91
							6,918 ⁽⁴⁾ ⁽⁵⁾ ₍₇₎
Common Stock	09/07/2012		S ⁽⁹⁾		2,418	D	\$ 47
							4,500 ⁽⁴⁾ ⁽⁵⁾ ₍₇₎
Common Stock	09/10/2012		M ⁽⁹⁾		5,582	A	\$ 31.91
							10,082 ⁽⁴⁾ ⁽⁵⁾ ₍₇₎
Common Stock	09/10/2012		S ⁽⁹⁾		5,582	D	\$ 47
							4,500 ⁽⁴⁾ ⁽⁵⁾ ₍₇₎
Common Stock	09/10/2012		M ⁽⁹⁾		3,000	A	\$ 20.37
							7,500 ⁽⁴⁾ ⁽⁵⁾ ₍₇₎

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Common Stock 09/10/2012 S⁽⁹⁾ 3,000 D \$ 47 4,500 ⁽⁴⁾ ⁽⁵⁾ ₍₇₎ D

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

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.

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(9-02)

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 Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Option to purchase Common Stock	\$ 22.73					11/16/2010 ⁽³⁾ 11/16/2016	Common Stock 10,000
Option to purchase Common Stock	\$ 37.66					10/06/2012 ⁽⁶⁾ 10/06/2018	Common Stock 10,000
Option to Purchase Common Stock	\$ 44.6					06/04/2013 ⁽⁸⁾ 06/04/2019	Common Stock 10,000
Option to Purchase Common Stock	\$ 31.91	09/07/2012		M ⁽⁹⁾	2,418 ₍₉₎	02/12/2009 ⁽¹⁾ 02/12/2015	Common Stock 10,000
Option to Purchase Common Stock	\$ 31.91	09/10/2012		M ⁽⁹⁾	5,582 ₍₉₎	02/12/2009 ⁽¹⁾ 02/12/2015	Common Stock 7,582
Option to Purchase Common Stock	\$ 20.37	09/10/2012		M ⁽⁹⁾	3,000 ₍₉₎	11/11/2009 ⁽²⁾ 11/11/2015	Common Stock 10,000