

HARTNETT MICHAEL J
Form 4
December 01, 2010

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 *
HARTNETT MICHAEL 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)
102 WILLENBROCK ROAD, ONE
TRIBOLOGY CENTER

3. Date of Earliest Transaction (Month/Day/Year)
11/30/2010

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

President and CEO

(Street)
OXFORD, CT US 06478

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

(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	(D)	Price
Common Stock	11/30/2010		S		26,400	D	\$ 36.6616
							\$ 136,556 ⁽³⁾ <u>(5) (7) (8)</u>
Common Stock	12/01/2010		S		10,226	D	\$ 37.4459
							\$ 126,330 ⁽³⁾ <u>(5) (7) (8)</u>

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

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(9-02)

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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
Stock Option for Common Stock	\$ 14.5					03/29/2006	08/10/2015	Common Stock	533,502
Stock Option for Common Stock	\$ 22.66					07/12/2007 ⁽¹⁾	07/12/2013	Common Stock	40,000
Stock Option for Common Stock	\$ 31.91					02/12/2009 ⁽²⁾	02/12/2015	Common Stock	100,000
Stock Option for purchase of Common Stock	\$ 20.37					11/11/2009 ⁽⁴⁾	11/11/2015	Common Stock	100,000
Stock Option for purchase of Common Stock	\$ 22.73					11/16/2010 ⁽⁶⁾	11/16/2016	Common	100,000

