RBC Bearings INC Form 4 April 20, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

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if no longer subject to Section 16. Form 4 or Form 5 obligations

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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 may continue. See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** KILLIAN WILLIAM P			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	(Check an applicable)		
RBC BEARINGS INCORPORATED, ONE TRIBOLOGY CENTER			(Month/Day/Year) 07/13/2006	_X_ Director 10% Owner Officer (give title below) Other (specify below)		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
OXFORD, CT 06478			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	Secu	rities Acquir	red, Disposed of,	or Beneficiall	y 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. Securit or Dispos (Instr. 3, 4	ed of (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)
Common Stock	04/18/2007		A	22,742	A	\$ 12	23,242 (1)	D	
Common Stock	04/18/2007		A	3,000	A	\$ 3.2	26,242 (1)	D	
Common Stock	04/18/2007		A	2,500	A	\$ 8	28,742 (1)	D	
Common Stock	04/18/2007		S	28,242	A	\$ 36.2502	500 (1)	D	

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

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SEC 1474 (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. Transacti Code (Instr. 8)	5. Number of orDerivative 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	Amour or Number of Shar
Stock Option (Right to Buy)	\$ 21.03					07/13/2007(2)	07/13/2013	Common Stock	2,500
Options to Purchase Common Stock	\$ 12	04/18/2007		X	22,742	04/01/2002	04/01/2012	Common Stock	22,74
Options to Purchas Common Stock	\$ 3.2	04/18/2007		X	3,000	10/30/2003	10/30/2013	Common Stock	3,000
Options to Purchase Common Stock	\$ 8	04/18/2007		X	2,500	06/06/2004	06/06/2014	Common Stock	2,500
Options to Purchase Common Stock	\$ 15.33					11/08/2005	11/08/2015	Common Stock	2,500

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners 2

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Director 10% Owner Officer Other

KILLIAN WILLIAM P RBC BEARINGS INCORPORATED ONE TRIBOLOGY CENTER OXFORD, CT 06478



Signatures

Thomas J. 04/20/2007 Williams

**Signature of Date
Reporting Person

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).
- 500 shares of the reported Common Stock are Restricted Shares. Restrictions lapse in accordance with the following schedule: 1/3 lapse on 7/13/07, 1/3 lapse on 7/13/08 and 1/3 lapse on 7/13/09. 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 vest upon the happening of certain events.
- Options to purchase shares of common stock are subject to the following vesting schedule: 1/3 vest on 7/13/07, 1/3 vest on 7/13/08 and 1/3 vest on 7/13/09.

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.

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