Edwards Richard J Form 4 August 09, 2018

FORM 4

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

OMB 3235-0287 Number: January 31,

response...

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Expires: 2005 Estimated average burden hours per

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OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Edwards Richard J			2. Issuer Name and Ticker or Trading Symbol P.P.C. Poorings, INC. [P.O.L.]	5. Relationship of Reporting Person(s) to Issuer		
			RBC Bearings INC [ROLL]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction			
			(Month/Day/Year)	Director 10% Owner		
102 WILLENBROCK ROAD, ONE			08/07/2018	Officer (give title Other (specify		
TRIBOLOGY CENTER		R.		below) below) V.P. and General Manager		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
OXFORD, C	CT 06478			_X_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)	Transactionr Disposed of (D) Code (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	08/07/2018		Code V S	Amount 4,130	(D)	Price \$ 139.8	(Instr. 3 and 4) 11,199 (1) (2) (3)	D	
Common Stock	08/08/2018		M	2,000	A	\$ 51.08	13,199 (1) (2) (3)	D	
Common Stock	08/08/2018		S	2,000	D	\$ 139.1871	11,199 (1) (2) (3)	D	
Common Stock	08/08/2018		M	4,000	A	\$ 64.15	15,199 (1) (2) (3)	D	
Common Stock	08/08/2018		S	4,000	D	\$ 139.1871	11,199 (1) (2) (3)	D	

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Common Stock	08/08/2018	M	4,000	A	\$ 72.83	15,199 (1) (2) (3)	D
Common Stock	08/08/2018	S	4,000	D	\$ 139.1871	11,199 (1) (2) (3)	D
Common Stock	08/08/2018	M	2,000	A	\$ 72.94	13,199 (1) (2) (3)	D
Common Stock	08/08/2018	S	2,000	D	\$ 139.1871	11,199 <u>(1)</u> <u>(2)</u> <u>(3)</u>	D
Common Stock	08/08/2018	M	4,000	A	\$ 99.64	15,199 (1) (2) (3)	D
Common Stock	08/08/2018	S	4,000	D	\$ 139.1871	11,199 <u>(1)</u> <u>(2)</u> <u>(3)</u>	D

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

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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. Transacti Code (Instr. 8)	5. Number tion 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 Share
Option to Purchase Common Stock	\$ 51.08	08/08/2018		M		2,000	06/14/2014(4)	06/14/2020	Common Stock	2,000
Option to Purchase Common Stock	\$ 64.15	08/08/2018		M		4,000	07/01/2015(5)	07/01/2021	Common Stock	4,000
Option to Purchase Common Stock	\$ 72.83	08/08/2018		M		4,000	07/01/2016 <u>(6)</u>	07/01/2022	Common Stock	4,000

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Option to Purchase Common Stock	\$ 72.94	08/08/2018	M	2,000	07/08/2017(7)	07/08/2023	Common Stock	2,000
Option to Purchase Common Stock	\$ 99.64	08/08/2018	M	4,000	06/27/2018(8)	06/27/2024	Common Stock	4,000
Option to Purchase Common Stock	\$ 132.12				06/07/2019 <u>(9)</u>	06/07/2025	Common Stock	10,000

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	

Edwards Richard J 102 WILLENBROCK ROAD ONE TRIBOLOGY CENTER OXFORD, CT 06478

V.P. and General Manager

Signatures

/s/Thomas J. Williams /attorney in fact

08/09/2018

**Signature of Reporting Person

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).
- 1,333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse in accordance with the following schedule 1/2 vest on 6/27/2019 and 1/2 vest on 6/27/2020. 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.
- 3,000 shares of the reported Common Stock are Restricted Shares. 1/5 vest on 6/7/2019, 1/5 vest on 6/7/2020, 1/5 vest on 6/7/2021, 1/5 vest on 6/7/2022, 1/5 vest on 6/7/2023. 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.
- 333 shares of the reported Common Stock are Restricted Shares. The Restrictions lapse on 7/8/2019. Unvested shares of Restricted Stock (3) (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 expire 7 years from grant date.
- (5) Options to purchase shares of Common Stock vest on 7/1/2019. Options expire 7 years from grant date.
- Options to purchase shares of Common Stock are subject to the following vesting schedule 1/2 vest on 7/1/2019 and 1/2 vest on 7/1/2020. Options expire 7 years from grant date.
- Options to purchase shares of Common Stock are subject to the following vesting schedule 1/3 vest on 7/8/2019, 1/3 vest on 7/8/2020 and 1/3 vest on 7/8/2021. Options expire 7 years from grant date.

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- Options to purchase shares of Common Stock are subject to the following vesting schedule 1/4 vest on 6/27/2019, 1/4 vest on 6/27/2020, 1/4 vest on 6/27/2021 and 1/4 vest on 6/27/2022. Options expire 7 years from grant date.
- Options to purchase shares of Common Stock are subject to the following vesting schedule 1/5 vest on 6/7/2019, 1/5 vest on 6/7/2020, 1/5 vest on 6/7/2021, 1/5 vest on 6/7/2022 and 1/5 vest on 6/7/2023. Options expire 7 years from grant date.

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.