Avampato John Form 4 May 08, 2013

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

January 31, Expires: 2005

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

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

Issuer

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

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

Avampato John			Symbol REGAL BELOIT CORP [RBC]				CI.	Issuer			
(Last)	(First)	(Middle)		L BELOF		IKR	CJ	(Cho	eck all applica	ble)	
200 STAT	00 STATE STREET		(Month/Day/Year) 05/06/2013				Director 10% Owner Officer (give title Other (specify below)				
	(Street)			endment, Danienth/Day/Yea		al		6. Individual or Joint/Group Filing(Chec Applicable Line) _X_ Form filed by One Reporting Person			
BELOIT, V	WI 53511							Form filed by Person	More than One	Reporting	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secu	rities Acc	quired, Disposed	of, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)		n Date, if	3. Transactic Code (Instr. 8)	(Instr. 3,	spose	d of (D)	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	05/06/2013			F	195	D	\$ 66.79	6,844	D		
Common Stock								642 (1)	I	Retirement Savings Plan	
Reminder: Re	eport on a separate lir	ne for each c	lass of secu	urities benef	ficially ow	ned d	irectly or	indirectly.			
					inforr requi	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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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. Transactic Code (Instr. 8)	of			7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Stock Appreciation Rights	\$ 64.99					05/02/2015(2)	05/02/2023	Common Stock	3,200
Stock Appreciation Rights	\$ 72.29					05/04/2013(3)	05/04/2021	Common Stock	6,000
Stock Appreciation Rights	\$ 42.65					05/08/2011(3)	05/08/2019	Common Stock	6,000
Stock Appreciation Rights	\$ 61.36					05/05/2012(3)	05/05/2020	Common Stock	6,000
Stock Appreciation Rights	\$ 42.28					05/02/2010(3)	05/02/2018	Common Stock	6,000
Stock Appreciation Rights	\$ 44.12					05/01/2009(3)	05/01/2017	Common Stock	2,500
Non Qualified Stock Option	\$ 47.25					04/26/2008(4)	04/26/2016	Common Stock	10,000
Stock Appreciation Rights	\$ 63.56					05/03/2014(3)	05/03/2022	Common Stock	6,500

Reporting Owners

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

Reporting Owners 2

Avampato John 200 STATE STREET BELOIT, WI 53511 VP & Chief Information Officer

Signatures

/s/ Peter C. Underwood as Power of Attorney

05/08/2013

**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) Balance reflects the most current data available with regard to holdings in the Regal Beloit Corporation Retirement Savings Plan.
- Granted as stock-settled SARs under the 2013 Equity Incentive Plan. The SARs vest and become exercisable 40% on the second (2) anniversary of the date of the grant, 60% on the third anniversary of the date of the grant, 80% on the fourth anniversary of the date of the grant and 100% on the fifth anniversary of the date of the grant.
- (3) Granted as stock-settled SARs under the 2007 Equity Incentive Plan. The SARs vest and become exerciseable 40% on the second anniversary of the date of the grant, 60% on the third anniversary, 80% on the fourth anniversary and 100% on the fifth anniversary.
- (4) Granted as non qualified stock options. The options vest and become exerciseable 40% on the second anniversary, 60% on the third anniversary, 80% on the fourth anniversary, and 100% on the fifth anniversary of the grant.

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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