REGAL BELOIT CORP

Form 4

November 16, 2016

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

Number:

3235-0287

Expires:

January 31, 2005

0.5

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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 * Avampato John			2. Issuer Name and Ticker or Trading Symbol REGAL BELOIT CORP [RBC]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(
200 STATE S	TATE STREET		(Month/Day/Year) 11/15/2016	Director 10% Owner X Officer (give title Other (specify below) VP & Chief Information Officer			
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Ch			
BELOIT, WI 53511				_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. Transactic Code (Instr. 8)		sed 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	11/15/2016		M	2,500	A	\$ 44.12	13,097	D		
Common Stock	11/15/2016		M	6,000	A	\$ 42.28	19,097	D		
Common Stock	11/15/2016		F	1,874	D	\$ 69.25	17,223	D		
Common Stock	11/15/2016		S	626	D	\$ 69.2626 (1)	16,597	D		
Common Stock	11/15/2016		F	4,395	D	\$ 69.1	12,202	D		

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Retirement Common 1,252 (2) I Savings Stock Plan

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

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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. Transactic Code (Instr. 8)	Secu Acqu (A) o Disp (D)	urities uired or posed of tr. 3, 4,	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and Amou Underlying Securi (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amor Or Nur of Sha
Stock Appreciation Rights	\$ 44.12	11/15/2016		M			05/01/2009(3)	05/01/2017	Common Stock	2,5
Stock Appreciation Rights	\$ 42.28	11/15/2016		M		6,000	05/02/2010(3)	05/02/2018	Common Stock	6,0
Stock Appreciation Rights	\$ 42.65						05/08/2011(3)	05/08/2019	Common Stock	6,0
Stock Appreciation Rights	\$ 61.36						05/05/2012(3)	05/05/2020	Common Stock	6,0
Stock Appreciation Rights	\$ 72.29						05/04/2013(3)	05/04/2021	Common Stock	6,0
Stock Appreciation Rights	\$ 63.56						05/03/2014(3)	05/03/2022	Common Stock	6,:
Stock Appreciation Rights	\$ 64.99						05/02/2015(4)	05/02/2023	Common Stock	3,8

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Stock Appreciation Rights	\$ 75.76	05/07/2016 <u>(4)</u>	05/07/2024	Common Stock	3,0
Stock Appreciation Rights	\$ 78.15	05/12/2017(4)	05/12/2025	Common Stock	4,5
Stock Appreciation Rights	\$ 57.43	05/11/2018(4)	05/11/2026	Common Stock	6,8

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

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

Signatures

/s/ Thomas E. Valentyn as Power of Attorney 11/15/2016

**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).
- The price in Column 4 is a weighted average price. The prices actually received ranged from \$69.25 to \$69.325. The reporting person has (1) provided to the issuer, and will provide to any security holder of the issuer, or the SEC staff, upon request, information regarding the number of shares sold at each price within the range for all transactions reported in this Form 4 utilizing an average weighted price.
- (2) Balance reflects the most current data available with regard to holdings in the Regal Beloit Corporation Retirement Savings Plan.
- Granted as stock-settled Stock Appreciation Rigths (SARs) under the 2007 Equity Incentive Plan. The SARs vest and become exerciseable 40% on the second anniversary of the date of grant, 60% on the third anniversary, 80% on the fourth anniversary and 100% on the fifth anniversary.
- Granted as stock-settled SARs under the 2013 Equity Incentive Plan. The SARs vest and become exercisable 40% on the second anniversary of the date of grant, 60% on the third anniversary, 80% on the fourth anniversary and 100% on the fifth anniversary.

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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