

REGAL BELOIT CORP
 Form 4
 November 16, 2016

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 *
 Avampato John

(Last) (First) (Middle)
 200 STATE STREET
 (Street)

BELOIT, WI 53511

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
 REGAL BELOIT CORP [RBC]

3. Date of Earliest Transaction
 (Month/Day/Year)
 11/15/2016

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 VP & Chief Information Officer

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 Ownership (Instr. 4)
				(A) or (D)	Price		
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 <u>(1)</u>	16,597	D
Common Stock	11/15/2016		F	4,395	D \$ 69.1	12,202	D

Common Stock	1,252 ⁽²⁾	I	Retirement Savings Plan
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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. 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 Underlying Security (Instr. 3 and 4)	8. Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
Stock Appreciation Rights	\$ 44.12	11/15/2016		M	2,500	05/01/2009 ⁽³⁾ 05/01/2017	Common Stock	2,500
Stock Appreciation Rights	\$ 42.28	11/15/2016		M	6,000	05/02/2010 ⁽³⁾ 05/02/2018	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	\$ 72.29					05/04/2013 ⁽³⁾ 05/04/2021	Common Stock	6,000
Stock Appreciation Rights	\$ 63.56					05/03/2014 ⁽³⁾ 05/03/2022	Common Stock	6,500
Stock Appreciation Rights	\$ 64.99					05/02/2015 ⁽⁴⁾ 05/02/2023	Common Stock	3,800

