Avampato John Form 4 May 06, 2013

FORM 4

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

OMB APPROVAL

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obligations

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

may continue.

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

Stock

(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) (1	Middle)	3. Date of (Month/Da	Earliest Tra	ansaction			Director	• • • • • • • • • • • • • • • • • • • •	0% Owner
200 STATE	STREET		05/02/20	•				X_ Officer (g		ther (specify
			4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
BELOIT, W	I 53511							Form filed by Person	More than One	Reporting
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ities Ac	quired, Disposed	of, or Benefici	ally Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deen Execution any (Month/D	Date, if	3. Transaction Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3,	(A) o 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)	
Common Stock	05/02/2013			A	1,425 (1)	A	\$0	7,039	D	
Common								5.15 (2)		Retirement

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

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SEC 1474

(9-02)

I

642 (2)

Savings Plan

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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)	Code	5. Number on Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	e Expiration Date (Month/Day/Yea	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Securi (Instr. 3 and 4)	
				Code V	(A) (E	Date Exercisable	Expiration Date	Title	Amoor Num of S	
Stock Appreciation Rights	\$ 64.99	05/02/2013		A	3,200	05/02/2015(3)	05/02/2023	Common Stock	3,2	
Stock Appreciation Rights	\$ 72.29					05/04/2013(4)	05/04/2021	Common Stock	6,0	
Stock Appreciation Rights	\$ 42.65					05/08/2011(4)	05/08/2019	Common Stock	6,0	
Stock Appreciation Rights	\$ 61.36					05/05/2012 ⁽⁴⁾	05/05/2020	Common Stock	6,0	
Stock Appreciation Rights	\$ 42.28					05/02/2010(4)	05/02/2018	Common Stock	6,0	
Stock Appreciation Rights	\$ 44.12					05/01/2009(4)	05/01/2017	Common Stock	2,:	
Non Qualified Stock Option	\$ 47.25					04/26/2008(5)	04/26/2016	Common Stock	10,	
Stock Appreciation Rights	\$ 63.56					05/03/2014(4)	05/03/2022	Common Stock	6,:	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Avampato John 200 STATE STREET			VP & Chief Information				

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BELOIT, WI 53511 Officer

Signatures

/s/ Peter C. Underwood as Power of Attorney

05/06/2013

**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) Restricted Stock Units (RSUs) granted to the reporting person under the 2013 Equity Incentive Plan. RSUs vest 100% on the third anniversary date of the grant. Each RSU is equal to one share of Common Stock and is payable only in stock.
- (2) 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
- (3) 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.
- (4) 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.
- (5) 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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