

KNUEPPEL HENRY W
Form 4
November 18, 2009

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 *
KNUEPPEL HENRY W

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)
200 STATE STREET
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/16/2009

Director 10% Owner
 Officer (give title below) Other (specify below)
Chairman/CEO

BELOIT, WI 53511

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)	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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	11/16/2009		S		11,097	D	\$ 52.05 (1)
Common Stock	11/17/2009		S		8,903	D	\$ 50.75 (2)
Common Stock	11/17/2009		M		40,000	A	\$ 16.38
Common Stock	11/17/2009		M		36,000	A	\$ 20.3
Common Stock	11/17/2009		M		50,000	A	\$ 29.75

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Common Stock 11/17/2009 S 87,403 D \$ 50.734 410,946 D
(3)

Common Stock 12,458 (7) I Retirement Savings Plan

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. SEC 1474 (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. 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 of Underlying Security (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Stock Appreciation Rights	\$ 42.65					05/08/2011 ⁽⁴⁾	05/08/2019	Common Stock
Stock Appreciation Rights	\$ 42.28					05/02/2010 ⁽⁴⁾	05/02/2018	Common Stock
Stock Appreciation Rights	\$ 48.05					02/06/2009 ⁽⁵⁾	02/06/2017	Common Stock
Non-qualified Stock Option	\$ 36.36					01/27/2008 ⁽⁶⁾	01/27/2016	Common Stock
Non-qualified Stock Option	\$ 29.75	11/17/2009		M	50,000	01/21/2007	01/21/2015	Common Stock
Non-qualified Stock Option	\$ 20.3	11/17/2009		M	36,000	04/22/2006	04/22/2014	Common Stock
Non-qualified Stock Option	\$ 16.38	11/17/2009		M	40,000	04/22/2005	04/22/2013	Common Stock

