FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL										
	OMB Number: 3235-0287 Estimated average burden										
	hours per response:	0.5									

obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address Loving Richa			uer Name and Ticke <mark>X Technologi</mark>					5. Relationship of Reporting Person(s) to Issu (Check all applicable) Director 10% Owr					
(Last) 800 MAIN STRI 4TH FLOOR		e of Earliest Transa 5/2022	ction (M	lonth/[Day/Year)	X	Officer (give title below) SVP and CAO		(specify)				
(Street) LYNCHBURG (City)	VA (State)	24504 (Zip)	4. If A	mendment, Date of	Original	l Filed	(Month/Day/	6. Indi Line) X	-/				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
1. Title of Security (Instr. 3) 2. Transa Date (Month/D.				Execution Date,		action (Instr.	4. Securities Disposed Of 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
				Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)		
Common Stock			02/25/2022		M		1,011	A	\$0	15,105	D		
Common Stock	02/27/2022		М		1,057	A	\$0	16,162	D				
Common Stock 02/27/2					F		960	D	\$49.59	15,202	D		
Common Stock			02/28/2022		S ⁽¹⁾		900	D	\$50	14,302	D		
Common Stock										5,267 ⁽²⁾	I	401(k) Plan	

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. Transa Code (8)		of		6. Date Exerc Expiration Da (Month/Day/\)	ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock Units	\$0.0	02/25/2022		М			1,011	(3)	02/25/2024	Common Stock	1,011	\$0	2,022	D	
Restricted Stock Units	\$0.0	02/27/2022		M			1,057	(4)	02/27/2023	Common Stock	1,057	\$0	2,114	D	

Explanation of Responses:

- 1. The sale reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan entered into by the reporting person on June 2, 2020.
- 2. Based on number of units held in the BWXT Thrift Plan and the fair market value of BWXT common stock as of December 31, 2021.
- $3.\ RSUs\ vest\ in\ three\ equal\ annual\ installments\ beginning\ February\ 25,\ 2022.$
- 4. RSUs vest in three equal annual installments beginning February 27, 2021.

Remarks:

/s/ Richard W. Loving, by

Theresa B. Taylor, attorney-in- 03/01/2022

<u>fact</u>

** Signature of Reporting Person Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.