FORM 3

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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## INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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 of Reporting Person*  Whitford Ronald Owen Jr	2. Date of Event Requiring Statement (Month/Day/Year) 01/02/2023		3. Issuer Name and Ticker or Trading Symbol BWX Technologies, Inc. [ BWXT ]					
(Last) (First) (Middle) 800 MAIN STREET			Relationship of Reporting Person(s) to Issuer (Check all applicable)     Director 10% Owner			5. If Amendment, Date of Original Filed (Month/Day/Year)		
			X Officer (give title below)	Other (sp below)		6. Individual or Joint/Group Filing (Check Applicable Line)		
(Street) LYNCHBURG VA 24504			SVP, General Counsel and Sec.			X Form filed by One Reporting Person		
LYNCHBURG VA 24504						Form filed to Reporting F	by More than One Person	
(City) (State) (Zip)								
Table I - Non-Derivative Securities Beneficially Owned								
1. Title of Security (Instr. 4)			2. Amount of Securities Beneficially Owned (Instr. 4)			Nature of Indirect Beneficial wnership (Instr. 5)		
Common Stock			3,226	D				
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)								
1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)			3. Title and Amount of Securities Jnderlying Derivative Security Instr. 4)		5. Ownership Form:	6. Nature of Indirect Beneficial Ownership (Instr. 5)	
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Price of Derivative Security	Direct (D) or Indirect (I) (Instr. 5)		
Restricted Stock Units	(1)	(1)	Common Stock	1,596	0.0	D		
Restricted Stock Units	(2)	(2)	Common Stock	786	0.0	D		
Restricted Stock Units	(3)	(3)	Common Stock	411	0.0	D		

### Explanation of Responses:

- 1. RSUs vest in three equal annual installments beginning February 18, 2023.
- 2. RSUs vest in three equal annual installments beginning February 25, 2022.
- $3.\ RSUs\ vest\ in\ three\ equal\ annual\ installments\ beginning\ February\ 27,\ 2021.$

### Remarks:

/s/ Ronald O. Whitford Jr.,

by Theresa B. Taylor, attorney-in-fact

01/09/2023

\*\* Signature of Reporting Person Date

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

- $^{\star}$  If the form is filed by more than one reporting person, see Instruction 5 (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.

#### LIMITED POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints each of the General Counsel and Corporate Secretary and any Assistant Secretary of BWX Technologies, Inc. (the Company), or any designee of any of them, signing singly, the undersignedTMs true and lawful attorney- in-fact to:

- (1) execute for and on behalf of the undersigned, in the undersignedTMs capacity as an officer and/or director of the Company, Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;
- (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, complete and execute any amendment or amendments thereto, and timely file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority; and
- (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney- in-fact may approve in such attorney-in-factTMs discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-factTMs substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersignedTMs responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersignedTMs holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 4th day of January, 2023.

Signature: /s/ Ronald Owen Whitford, Jr. Print Name: Ronald Owen Whitford, Jr.