FORM 4

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									
- 1	hours per response.	0.5								

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 Instruction 1(b)

1. Name and Address of Reporting Person* ASHMAN STEPHEN N (Last) (First) (Middle) 2275 RESEARCH BLVD SUITE 600							2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK] 3. Date of Earliest Transaction (Month/Day/Year) 11/23/2020 4. If Amendment, Date of Original Filed (Month/Day/Year)								S. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner Officer (give title below)					
(Street)	ILLE M	ID	20850		4. If	AM6	enamen	и, рате	oi Origina	u rII6	eu (IVIONTN/D	ау/теаг)		Individual or Joint/Group Filing (Check Application) X Form filed by One Reporting Person Form filed by More than One Reporting Person					n	
(City)	(S	tate)	(Zip)																	
4 Tidle of	Daniel (Inc.		le I - No	1		_			i	, Di	sposed o	-			Owned			bin 7	. Nature of	
1. Title of Security (Instr. 3) 2. Tran Date (Month					r) E	2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Disposed Code (Instr. 5)		ties Acquired (A) o l Of (D) (Instr. 3, 4 i		and Securities Beneficia Owned Fo		ly	Form:	Direct Ir Indirect B	ndirect Beneficial Ownership			
									Code	v	Amount	(A) or (D)	Pric	Reported Transactio (Instr. 3 ar		on(s)			nstr. 4)	
Common Stock			11/23/	/2020				S		1,200	D	\$1	2.5	244,600		I		hari G. Ashman Trust		
Common Stock			11/23/	23/2020				S		1,200	D \$		2.5	465,835		I 2		By Stephen Ashman Revocable Trust		
Common Stock													550		D					
		-	Table II -								posed of				Owned					
1. Title of Derivative Security 2. Conversion Date (Month/Day/Year) 3. Transaction Date Execution Date, if any (Month/Day/Year)			ed Date,	uts, calls t. Transaction Code (Instr. 3)		5. Number 6.		6. Date Exercisable an Expiration Date (Month/Day/Year)		sable and	of Securities		8. Price of Derivative Security		9. Numb derivativ Securitie Benefici Owned Followin Reported Transact (Instr. 4)	ve es ally ig d tion(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisab	le	Expiration Date	Title	Amor or Numl of Share	ber						
Stock Options	\$8.5								12/31/201	7 ⁽¹⁾	12/31/2021	Common Stock	5,30	00		5,30	00	D		
Stock Options	\$14.54								12/30/202	0(1)	12/30/2024	Common Stock	5,40	00		5,40	00	D		
Stock Options	\$11.38								12/31/201	9(1)	12/31/2023	Common Stock	9,6	00		9,60	00	D		
Stock Options	\$12.38								12/31/201	8 ⁽¹⁾	12/31/2022	Common Stock	10,8	800		10,8	00	D		
Stock Options	\$7.5								12/31/201	6 ⁽¹⁾	12/31/2020	Common Stock	2,50	00		2,50	00	D		

Explanation of Responses:

1. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

Remarks:

/s/ Alan Jackson, as Attorney-

11/24/2020

in-Fact

** Signature of Reporting Person

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

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.

 $^{^{\}star}$ 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).