FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL 3235-0287 OMB Number: Estimated average burden

0.5

hours per response:

Check this box if no longer subject to Section 16. Form 4 or Form 5	STATEME
obligations may continue. See Instruction 1(b).	Fi

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

iled 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 [*] Whalen James F.					ssuer Name and T <u>apital Bancor</u>				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
(Last) (First) (Middle)					Date of Earliest Tra				X Director 10% Own Officer (give title Other (spe below) below)			ner (specify				
2275 RESEARCH BLVD. SUITE 600					/27/2021											
					f Amendment, Date	e of Oriç	ginal F	iled (Month/D	6. Individual or Joint/Group Filing (Check Applicable Line)							
(Street) ROCKVILLE	MD	20850										X Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)														
		Table I -	Non-Deriva	ativ	e Securities A	cquir	ed, I	Disposed	of, or I	Benefi	ciall	y Owned				
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Y				ear)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)						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)		Transaction(s)		(Instr. 4)			
Common Stock			04/27/202	1		S		5,000	D	\$22.0	982	26,200	Ι	By The Katherine M. Whalen Trust		
Common Stock												58,400	I	By Millennium Trust Company, LLC FBO James Whalen		
Common Stock												240,409	Ι	By Whalen Family, LLC		
Common Stock												614,754	I	By James F. Whalen Revocable Trust		
Common Stock												2,821	I	By NMW Investments LLC		
Common Stock												6,515	D			
Common Stock												2,821	Ι	By KAW Investments LLC		
Common Stock												88,000	I	By IP Associates, LLC		

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 Deriv Secu Acqu (A) o Disp of (D (Inst	of Expiration Date Derivative (Month/Day/Year) Securities				d Amount ies g Security nd 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				
Stock Options	\$8.5							12/31/2017 ⁽¹⁾	12/31/2021	Common Stock	10,576		10,576	D	
Stock Options	\$12.38							12/31/2018 ⁽¹⁾	12/31/2022	Common Stock	14,400		14,400	D	

	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)	erviative Conversion Date Execution Date, Transaction Conversion or Exercise (Month/Day/Year) if any Code (Inst					6. Date Exercisable and Expiration Date (Month/Day/Year)		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				
Stock Options	\$11.38							12/31/2019 ⁽¹⁾	12/31/2023	Common Stock	11,250		11,250	D	
Stock Options	\$14.54							12/30/2020 ⁽¹⁾	12/30/2024	Common Stock	7,000		7,000	D	
Stock Options	\$13.89							12/31/2021 ⁽¹⁾	12/31/2025	Common Stock	5,000		5,000	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 Attorneyin-Fact 04/2

04/28/2021

** Signature of Reporting Person Date

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

 \ast 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.

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