FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL										
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Check this box if no longer subject to Section 16. Form 4 or Form 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 of Reporting Person* JACKSON ALAN W						2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]										eck all applic Directo	ionship of Reportin all applicable) Director Officer (give title		on(s) to Iss 10% Ov Other (s	vner	
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 300					3. Date of Earliest Transaction (Month/Day/Year) 01/31/2022										below)		below) VP and CFO		specify		
Street) ROCKVILLE MD 20850 (City) (State) (Zip)					4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
				n-Deriv	/ativ	e Se	curit	ties A	cau	ired.	Disi	osed o	f. o	r Ben	eficial	y Owned					
1. Title of Security (Instr. 3) 2. Trans Date					saction Day/Year)		2A. Deemed Execution Date if any (Month/Day/Yea		te,	3. Transaction Code (Instr		4. Securities n Disposed O		ties Acquired (A) I Of (D) (Instr. 3, 4		5. Amou Securitie Benefici Owned F	nt of es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
								Ī	Code	v	Amount	(A) or (D)		Price	Reported Transact (Instr. 3	ion(s)			(Instr. 4)		
Common Stock 01/31						1/2022				M		4,000)	A	\$12.3	8 36	671	D			
		-	Table II -									sed of, onvertil				Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution D if any (Month/Day	Date,	4. Transaction Code (Instr. 8)				6. Date Exercisa Expiration Date (Month/Day/Yea		Date		7. Title and Amo of Securities Underlying Derivative Secu (Instr. 3 and 4)		s Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	e s Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exe	e ercisable		xpiration ate	Title		Amount or Number of Shares						
Stock Options	\$12.38	01/31/2022			M			4,000	12/3	31/2018 ⁽	(1) 1	2/31/2022		nmon ock	4,000	\$12.38	0		D		
Stock Options	\$11.38								12/3	31/2019 ⁽	1) 1	2/31/2023		nmon ock	8,250		8,250		D		
Stock Options	\$13.89								12/3	31/2021 ⁽	1 1	2/31/2025		nmon ock	7,800		7,800		D		
Stock Options	\$14.54								12/3	30/2020 ⁽	1) 1	2/30/2024		nmon	12,000		12,000		D		
Stock Options	\$26.41								12/	/31/2022	2 1	2/31/2026		nmon	3,520		3,520		D		
Restricted Stock	(2)									(3)		(3)		nmon ock	2,500		2,500		D		

Explanation of Responses:

- $1. The Stock Options \ vest \ in four \ equal \ annual \ installments \ beginning \ on \ the \ first \ anniversary \ of \ the \ date \ of \ grant.$
- 2. The Restricted Stock Units convert into common stock on a one-for-one basis.
- 3. The Restricted Stock Units vest in four equal annual installments beginning on 12/31/19.

Remarks:

/s/ Alan Jackson, as Attorneyin-Fact

02/01/2022

** 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.