FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB AF	PR	U	VAL
OMB Number:			3235-028

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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

					UI	366	1011 30(11)	OI LIIC	HIVESUITE	COII	ipariy Act c	1 1340							
1. Name and Address of Reporting Person* Suss Eric M.				2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]								5. (CI	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
<u>Ouss Life Wi.</u>					1									Officer				· I	
(Last) 2275 RE	st) (First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 12/31/2018								X Officer (give title below) Other (specific below) EVP and CHRO					
SUITE 6	600																		
		4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)								
(Street)														•	led by One	Repo	rting Persor	n	
ROCKV	TLLE N	MD	20850												•	•	One Repor		
(City)	(State)	(Zip)	,										Person	I				
		Tal	ble I - Non	ı-Deriv	ativ	e Se	curitie	s A	cquired,	Dis	osed o	f, or Be	neficia	ly Owned					
1. Title of Security (Instr. 3) 2. Trans Date (Month/					/Day/Year) i		2A. Deemed Execution Date, if any (Month/Day/Year		e, Transaction Dispo		Disposed	rities Acquired (A) ed Of (D) (Instr. 3, 4		Beneficia Owned F	es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
									Code	Code V		unt (A) or (D)		Reported Transact (Instr. 3 a	ion(s)			(Instr. 4)	
Common Stock												14,	714	4 D					
			Table II - I						quired, D s, option					Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deemed Execution Date if any (Month/Day/Ye	ate, Tr	4. Transaction Code (Instr. 8)				6. Date Exercisabl Expiration Date (Month/Day/Year)		ole and 7. Title and An of Securities		ies g Security	Derivative Security	9. Numbe derivative Securities Beneficial Owned Following Reported Transacti (Instr. 4)	Ownershi Form: Direct (D) or Indirect (I) (Instr. 4	Ownership	Beneficial Ownership t (Instr. 4)	
				C	ode	v	(A)	(D)	Date Exercisabl	e I	Expiration Date	Title	Amount or Number of Shares						
Stock Options	\$11.38	12/31/2018			A		15,000		12/31/2019	(1)	12/31/2023	Common Stock	15,000	\$0	15,00	0	D		
Stock Options	\$6.63								12/31/2015	(1)	12/31/2019	Common Stock	13,000)	13,00	0	D		
Stock Options	\$6.63								01/31/2016	(1)	01/31/2020	Common Stock	20,000)	20,00	0	D		
Stock Options	\$7.5								12/31/2016	(1)	12/31/2020	Common Stock	13,000		13,00	0	D		
Stock Options	\$8.5								12/31/2017	(1)	12/31/2021	Common Stock	12,000		12,00	0	D		
Stock	\$12.38								12/31/2018	(1)	12/31/2022	Common	12,000		12,00	0]	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-

01/02/2019

in-Fact

** Signature of Reporting Person

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.