FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF	CHANGES	IN	BENEFICIAL	OWNERSHIP
OIAILMLIII	<b>U</b> .	OHANGEO		DEITE IOIAL	OWNEROIM

OMB APPRO	DVAL				
OMB Number:	3235-0287				
Estimated average burd	len				
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*  Dicker Karl					2. I <u>C</u>	2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]									(Ch	eck all applic Directo Officer	ctor er (give title		10% Ov Other (s	wner	
(Last) (First) (Middle) 2275 RESEARCH BLVD SUITE 600						3. Date of Earliest Transaction (Month/Day/Year) 05/21/2020										EVP and COO					
(Street)		ID	20850		4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)					Line	6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person Form filed by More than One Reporting Person									
(City)	(S	tate)	(Zip)													1 61301					
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
or coounty (mount)			Date	ransaction e onth/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year		te,	3. Transaction Code (Instr. 8)					Securitie Beneficia	5. Amount of Securities Beneficially Owned Following		: Direct	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
										Code	v	Amount	mount (A) or		Price	Transaction(s) (Instr. 3 and 4)				(111541. 4)	
Common Stock			05/2	21/202	20				M		3,000	3,000 A		(1)	19,000			D			
		-	Table II - I )									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 I if any (Month/Day	ate,	4. Transaction Code (Instr. 8)				Expi	6. Date Exercisable Expiration Date (Month/Day/Year)		of Secu Underli Derivati		Title and Amount Securities iderlying privative Security istr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	Owners Form: Direct ( or Indir	Ownership	Beneficial Ownership ct (Instr. 4)	
					Code	v	(A)	(D)	Date Exer	e rcisable	E:	xpiration ate	Title	0 N 0	lumber						
Restricted Stock Units	(1)	05/21/2020			A			3,000		(2)		(2)	Comn		3,000	\$0	9,000		D		
Stock Options	\$12.38								05/2	1/2019 <sup>(3</sup>	) 12	2/31/2023	Comn		2,000		12,000	)	D		
Stock Options	\$11.38								12/3	1/2019 <sup>(3</sup>	) 13	2/31/2023	Comn		6,500		16,500	)	D		
Stock Options	\$14.54								12/30	0/2020 <sup>(3</sup>	) 12	2/30/2024	Comn		2,500		12,500	)	D		
Stock Options	\$13.89								12/3	31/2021	13	2/31/2025	Comn		9,165		9,165		D		
Restricted Stock Units	(4)									(4)		(4)	Comn		5,000		5,000		D		

## **Explanation of Responses:**

- 1. The Restricted Stock Units convert into common stock on a one-for-one basis.
- 2. The Restricted Stock Units vest in four equal annual installments beginning 5/21/20.
- 3. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.
- 4. Each Restricted Stock Unit represents the right to receive one share of common stock. The Restricted Stock Units will vest in four equal annual installments beginning 01/01/2022.

## Remarks:

/s/ Alan Jackson, as Attorneyin-Fact

01/26/2021

\*\* 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.