

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

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>MCCONNELL MARC H</u> (Last) (First) (Middle) <u>2275 RESEARCH BLVD, SUITE 600</u> (Street) <u>ROCKVILLE MD 20850</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Capital Bancorp Inc [CBNK]</u> Foreign Trading Symbol 3. Date of Earliest Transaction (Month/Day/Year) <u>09/23/2026</u> 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) ☒ Director 10% Owner Officer (give title below) Other (specify below) 6. Individual or Joint/Group Filing (Check Applicable Line) ☒ Form filed by One Reporting Person Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/23/2026		M		646	A	\$16.09	19,172	D	
Common Stock	09/23/2026		M		375	A	\$30.51	19,547	D	
Common Stock								156,926	I	By McConnell Legacy Investments, LLC
Common Stock								3,345	I	By Marc H McConnell IRA
Common Stock								44,823	I	By Marc H McConnell Revocable Trust
Common Stock								557	I	By son
Common Stock								557	I	By daughter

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Options	\$16.09	09/23/2026		M		646	(1)	09/20/2033	Common Stock	646	\$0	646	D	
Stock Options	\$30.51	09/23/2026		M		375	03/03/2026 ⁽²⁾	03/03/2030	Common Stock	375	\$0	1,125	D	
Stock Options	\$17.95						(3)	01/24/2034	Common Stock	1,614		1,614	D	
Stock Options	\$29.41						03/02/2027 ⁽²⁾	03/02/2031	Common Stock	526		526	D	
Restricted Stock Units	(4)						(5)	(5)	Common Stock	136		136	D	

Explanation of Responses:

1. Received in the Merger in exchange for an employee stock option to acquire 2,000 shares of IFHI common stock for \$26.00 per share. The stock options vest 40% on October 1, 2024 and 20% on each of September 21, 2025, September 21, 2026 and September 21, 2027.

- Remarks:

09/24/2026

Date

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