Instruction 1(b)

## FORM 4

obligations may continue. See

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

r						
1. Name and Address of Report	rting Person*	2. Issuer Name <b>and</b> Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify			
(Last) (First) 2275 RESEARCH BLVD SUITE 600	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/21/2021	below) below) EVP and COO			
(Street) ROCKVILLE MD 20850 (City) (State) (Zip)		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			
	Table I - Non-Deriv	I vative Securities Acquired, Disposed of, or Benef	_I icially Owned			

ble	I - Non-Derivative	Securities Aco	uired. Dis	posed of.	or Beneficially	/ Owned
DIC I	- Non-Denvalive	Scoundes Acc	uncu, Dis	poscu oi,	of Deficitionally	

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code ( 8)				5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	05/21/2021		М		3,000	Α	(1)	22,000	D	
Common Stock	05/21/2021		F		904	D	\$21.35	21,096	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)	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 Deri Sec Acq (A) o Disp of (I	oosed 0) tr. 3, 4	6. Date Exerci Expiration Dat (Month/Day/Ye	ate of Securities		es Derivative Security 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				
Restricted Stock Units	(1)	05/21/2021		М			3,000	(2)	(2)	Common Stock	3,000	\$0	6,000	D	
Stock Options	\$12.38							05/21/2019 <sup>(3)</sup>	12/31/2023	Common Stock	12,000		12,000	D	
Stock Options	\$14.54							12/30/2020 <sup>(3)</sup>	12/30/2024	Common Stock	12,500		12,500	D	
Stock Options	\$13.89							12/31/2021 <sup>(3)</sup>	12/31/2025	Common Stock	9,165		9,165	D	
Restricted Stock Units	(4)							(4)	(4)	Common Stock	12,000		12,000	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 5/21/20.

**Remarks:** 

<u>/s/ Alan Jackson, as Attorney-</u>	05/24/2021
<u>in-Fact</u>	<u>05/24/2021</u>

Date

\*\* Signature of Reporting Person

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.

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.