FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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l	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).

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

Schwar	nd Address of	<u>C</u>	2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]								neck all application	*		109 Oth	10% Owner Other (specify below)					
2275 RESEARCH BLVD.						3. Date of Earliest Transaction (Month/Day/Year) 12/31/2018								below)			Del	Ow)		
(Street)					- 4.	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person						
ROCKVILLE MD 20850				-								Form filed by More than One Reporting Person								
(City)	(5		(Zip) ole I - N	on-Deri	vativ	e Se	curitie	s Ac	auire	d. Di	sposed of	f. or Bei	neficial	ly Owned						
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day)							Deemed ecution Date, ny onth/Day/Year)		3. 4 Transaction D		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 ar 5)			5. Amount of Securities Beneficially Owned Follo		Form: Di (D) or In		Indired Benef Owner		
									Code V		Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(in		(Instr.	4)	
Common	Stock									221,460		D	D							
Common Stock														439,73	32 I				rudent stments,	
	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. Deen Executio if any (Month/D	n Date,	4. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerc Expiration Da (Month/Day/Y		te	7. Title and Amour of Securities Underlying Derivative Securit (Instr. 3 and 4)		Derivative Security	deriva Securi Benefi Owned Follow Report	ities icially d ving ted action(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercis	able	Expiration Date	Title	Amount or Number of Shares							
Stock Options	\$11.38	12/31/2018			A		11,250		12/31/20)19 ⁽¹⁾	12/31/2023	Common Stock	11,250	\$0	11,250		D			
Stock Options	\$6.63								12/31/20	015 ⁽¹⁾	12/31/2019	Common Stock	3,000		3,	3,000				
Stock Options	\$7.5								12/31/20	016 ⁽¹⁾	12/31/2020	Common Stock	8,000		8,000 I					
Stock Options	\$8.5								12/31/20	017 ⁽¹⁾	12/31/2021	Common Stock	12,300)	12,300		D			
Stock Options	\$12.38								12/31/20	018 ⁽¹⁾	12/31/2022	Common Stock	15,600		15	5,600	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 Attorneyin-Fact

01/02/2019

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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.

 $^{^{\}star}$ 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).