FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OIVIB APPROVAL								
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0.5

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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

1. Name and Address of Reporting Person*  JACKSON ALAN W					2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]							(Che	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner  X Officer (give title Other (specify below)  Executive VP and CFO					
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 300					3. Date of Earliest Transaction (Month/Day/Year) 12/31/2018						7							
(Street) ROCKVILLE MD 20850					4. If Amendment, Date of Original Filed (Month/Day/Year)							Line	Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person					
(City)	(5	State)	(Zip)															
		Tal	ole I - Non-	-Deriva	tive S	ecuritie	s Ac	cquired, [	Disp	osed o	f, or Ber	neficiall	y Owned					
			2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year		Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)				s ally following	Form (D) or	: Direct   I r Indirect   I str. 4)   (	7. Nature of Indirect Beneficial Ownership		
								Code	v	Amount	(A) or (D)	Price	Reported Transact (Instr. 3 a	tion(s)			(Instr. 4)	
Common Stock												14,000			D			
			Table II - D					uired, Di s, options					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 Da if any (Month/Day/Y	Cod	nsaction de (Instr.	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisal 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 derivative Securities Beneficial Owned Following Reported Transacti (Instr. 4)	e s ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership ct (Instr. 4)	
				Cod	de V	(A)	(D)	Date Exercisable		Expiration Date	Title	Amount or Number of Shares						
Stock Options	\$11.38	12/31/2018		A		16,500		12/31/2019 <sup>(</sup>	1)	12/31/2023	Common Stock	16,500	\$0	16,50	00	D		
Stock Options	\$12.38							12/31/2018 <sup>(</sup>	1)	12/31/2022	Common Stock	10,000		10,00	00	D		
Restricted Stock Units	\$0.0							12/31/2019 <sup>(</sup>	2)	(2)	Common Stock	10,000		10,00	00	D		

## Explanation of Responses:

- 1. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.
- $2. \ The \ Restricted \ Stock \ Units \ vest \ in \ four \ equal \ annual \ installments \ beginning \ on \ 12/31/19.$

## 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.

- $^{\star}$  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).

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.