Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APP	ROVAL					
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 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*     Bernstein Joshua					2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]							(Che	Relationship of Reporting Person(s) to Issuer (Check all applicable)     X Director 10% Owner							
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600				05	3. Date of Earliest Transaction (Month/Day/Year) 05/07/2021									Officer below)			belov			
(Street) ROCKVILLE MD 20850				- 4.	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				son		
(City)	(S	tate)	(Zip)																	
		Tab	le I -	Non-Deri	vativ	e Sec	curiti	es A	Acqui	red,	Disposed	of, or	Benef	iciall	y Owned					
Date			2. Transaction Date (Month/Day/	rear)	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		l 5)	5. Amount Securities Beneficial Owned Fo Reported	ly	6. Own Form: (D) or I (I) (Inst	Direct Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
									Code	v	Amount	(A) or (D)	Price		Transaction(s) (Instr. 3 and 4)				(	
Common	Stock			05/07/20	21				S	Ш	35,500	D	\$22.20	028(1)	57,4	96	I	D		
Common	Stock														324,000		00 I		By Norman Bernstein	
Common	Stock														204,400		:	I By SandBern Ventures, LLC		
Common Stock													303,200		I Fu		By Bernstein Fund Limited Partnership			
		7	Γable	e II - Deriva							isposed o				Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	Exec if an	Deemed cution Date,	4. Transa	ansaction ode (Instr.		5. Numbe			cisable and	7. Titl Amou Secur Under Deriva	7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transactior (Instr. 4)	ive ies cially ng ed ction(s)	10. Ownersl Form: Direct (I or Indire (I) (Instr.	Beneficial Ownershi ct (Instr. 4)	
					Code	v	(A)	(D)	Date Exer	cisable	Expiratior Date	Title	or Nu of	nount mber ares						
Stock Options	\$8.5								12/3	1/2017 <sup>(2</sup>	2) 12/31/202	1 Comn Stoo		600		2,6	600	D		
Stock Options	\$12.38								12/3	1/2018 <sup>(2</sup>	12/31/202	2 Comm		600		9,6	600	D		
Stock Options	\$11.38								12/3	1/2019 <sup>(3</sup>	2) 12/31/202	3 Comn Stoc		000		9,0	000	D		
Stock Options	\$14.54								12/30	0/2020 <sup>(2</sup>	2) 12/30/202	4 Comn		000		7,0	000	D		
Stock Options	\$13.89					$\neg$			12/3	1/2021	2) 12/31/202	5 Comn		750		3,7	'50	D		

## **Explanation of Responses:**

- 1. This transaction was executed in multiple trades at prices ranging from \$22.150 to \$22.265. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.
- 2. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

## Remarks:

/s/ Alan Jackson, as Attorney-

05/10/2021

\*\* Signature of Reporting Person

Date

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 contain	ned in this form are not required to	respond unless the form displays a c	currently valid OMB Number.