FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPROVAL									
	OMB Number:	3235-0287								
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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).

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 ar <u>Yamad</u>		2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]								eck all applic Directo	able) r	10% Owr		/ner				
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600					3. Date of Earliest Transaction (Month/Day/Year) 12/31/2018								X Officer (give title below) Other (specify below) Executive VP & Chief Credit					
(Street) ROCKVILLE MD 20850				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 Form filed by More than One Reporting Person					
(City)	(5	State)	(Zip)															
		Tal	ble I - Nor	ı-Deriv	/ativ	e Se	curitie	s Ac	cquired,	Disp	osed o	f, or Ber	eficial	y Owned				
1. Title of Security (Instr. 3) 2. Trans Date (Month/						action 2A. Deemed Execution Da if any (Month/Day/Y			Code (4. Securit Disposed 5)	ies Acquire Of (D) (Inst	d (A) or r. 3, 4 and	Securitie Beneficia	neficially ned Following		: Direct Indirect Istr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
									Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				(111501.4)
Common	Stock										25,	25,780		D				
			Table II -						uired, D s, optior					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 D if any (Month/Day/	ate,	1. Transa Code (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 of Securiti Underlying Derivative (Instr. 3 an	es g Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	e s i lly i	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisab		Expiration Date	Title	Amount or Number of Shares					
Stock Options	\$11.38	12/31/2018			A		15,000		12/31/2019)(1)	12/31/2023	Common Stock	15,000	\$0	15,000	0	D	
Stock Options	\$6.63								12/31/2015	j ⁽¹⁾ 1	12/31/2019	Common Stock	7,000		7,000)	D	
Stock Options	\$7.5								12/31/2016	5 ⁽¹⁾	12/31/2020	Common Stock	10,000		10,000	0	D	
Stock Options	\$8.5								12/31/2017	7(1)	12/31/2021	Common Stock	12,000		12,000	0	D	
Stock	\$12.38								12/31/2018	3(1)	12/31/2022	Common	12,000		12,000	0	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 Attorney-

01/02/2019

<u>in-Fact</u>

** 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 contained in this form are not required to respond unless the form displays a currently valid OMB Number.