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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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

# OMB APPROVAL

OMB Number:	3235-0287
Estimated average burde	n
hours per response:	0.5

	ess of Reporting Perso		2. Issuer Name <b>and</b> Ticker or Trading Symbol <u>Capital Bancorp Inc</u> [ CBNK ]		tionship of Reporting Pers all applicable) Director	son(s) to Issuer 10% Owner		
(Last) 2275 RESEAR(	(First) CH BLVD.	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/31/2019		Officer (give title below)	Other (specify below)		
SUITE 600 (Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	Line)	,			
ROCKVILLE	MD	20850						
(City)	(State)	(Zip)						

#### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

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1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)			4. Securities / Disposed Of ( 5)			5. Amount of Securities Beneficially Owned Following	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	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	12/31/2019		A		688	A	\$0	23,732	D	
Common Stock								14,632	I	By Deborah Ratner Salzberg Trust

## 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)				6. Date Exerci Expiration Dat (Month/Day/Ye	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative 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				
Stock Options	\$14.89	12/31/2019		Α		5,400		12/31/2020 <sup>(1)</sup>	12/31/2024	Common Stock	5,400	\$ <mark>0</mark>	5,400	D	
Stock Options	\$6.63							12/31/2015 <sup>(1)</sup>	12/31/2019	Common Stock	3,000		3,000	D	
Stock Options	\$7.5							12/31/2016 <sup>(1)</sup>	12/31/2020	Common Stock	7,200		7,200	D	
Stock Options	\$8.5							12/31/2017 <sup>(1)</sup>	12/31/2021	Common Stock	7,500		7,500	D	
Stock Options	\$12.38							12/31/2018 <sup>(1)</sup>	12/31/2022	Common Stock	7,600		7,600	D	
Stock Options	\$11.38							12/31/2019 <sup>(1)</sup>	12/31/2023	Common Stock	8,400		8,400	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

\*\* Signature of Reporting Person

01/02/2020 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.