SEC Form 4

FORM 4		

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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

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[*]	2. Issuer Name **and** Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
Bernstein Joshua	Capital Bancorp Inc [CBNK]	X Director 10% Owner
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600	3. Date of Earliest Transaction (Month/Day/Year) 08/01/2022	Officer (give title below) Other (specify below)
(Street) ROCKVILLE MD 20850	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person
(City) (State) (Zip)		

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	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 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock	08/01/2022		M		2,250	A	$11.38	72,875	D	
Common Stock	08/01/2022		M		2,400	A	$12.38	75,275	D	
Common Stock	08/01/2022		M		1,750	A	$14.54	77,025	D	
Common Stock	08/01/2022		M		938	A	$13.89	77,963	D	
Common Stock								324,000	I	By Norman Bernstein
Common Stock								154,400	I	By SandBern Ventures, LLC
Common Stock								303,200	I	By Bernstein Fund Limited Partnership

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and 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 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	$12.38	08/01/2022		M			2,400	12/31/2018[1]	12/31/2022	Common Stock	2,400	$0	0	D	
Stock Options	$11.38	08/01/2022		M			2,250	12/31/2019[1]	12/31/2023	Common Stock	2,250	$0	2,250	D	
Stock Options	$14.54	08/01/2022		M			1,750	12/30/2020[1]	12/30/2024	Common Stock	1,750	$0	3,500	D	
Stock Options	$13.89	08/01/2022		M			938	12/31/2021[1]	12/31/2025	Common Stock	938	$0	2,812	D	
Stock Options	$26.41							12/31/2022[1]	12/31/2026	Common Stock	2,250		2,250	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-in-Fact	08/02/2022
** Signature of Reporting Person	Date

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