FORM 4

obligations may continue. See

Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

OMB APPROVAL OMB Number: 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

1. Name and Address of Reporting Person* <u>Barry Edward F</u>						2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]									(Ch	elationship of a color of the c	cable)	g Pers	son(s) to Issi 10% Ow	
	Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600			3. Date of Earliest Transaction (Month/Day/Year) 02/14/2020										below)	Officer (give title below) Chief Executive		Other (s below) Officer	pecify		
(Street) ROCKV (City)	ILLE M		20850 (Zip)		4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)								Line	ndividual or Joint/Group Filing (Check Applicable e) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
		Tab	le I - Noi			_					Disp					y Owned				
Date			Date	saction /Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year		e,	Code (Instr.						Securitie Beneficia Owned F	5. Amount of Securities Beneficially Owned Following		n: Direct 0 r Indirect 1	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	nount (A) or (D)		Price	Transact	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)	
Common	Stock			02/1	4/202	0				A		16,713	3(1)	A	\$0	65,	,082		D	\neg
Common	non Stock														220	220,004			By Spouse ⁽²⁾	
		-	Гable II -									sed of, onverti				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Day	d Date,	4. Transactio		5. Number of		6. Date Exercisal Expiration Date (Month/Day/Year		ole and 7. Title a		e and curitie rlying ative \$	Amount s	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	e S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exe	e rcisable		xpiration ate	Title		Amount or Number of Shares					
Stock Options	\$7.5								01/0)1/2017 ⁽³	0	1/01/2021	Comn		20,000		20,000	0	D	
Stock Options	\$8.5								12/3	31/2017 ⁽³	1	2/31/2021	Comn		20,000		20,000	0	D	
Stock Options	\$12.38								12/3	31/2018 ⁽³	1	2/31/2022	Comn		20,000		20,000	0	D	
Stock Options	\$11.41								01/0)1/2020 ⁽³	0	1/01/2024	Comn		20,000		20,000	0	D	
Stock Options	\$14.89								01/0	01/2021 ⁽³	0	1/01/2025	Comn		20,000		20,000	0	D	

Explanation of Responses:

- $1.\ 16{,}713\ shares\ of\ restricted\ stock\ granted\ on\ 2/14/2020\ will\ vest\ in\ three\ equal\ annual\ installments\ beginning\ on\ 2/14/2021.$
- 2. The Reporting Person's 220,004 shares are held jointly with spouse.
- 3. 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-

02/18/2020

in-Fact

** 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.