FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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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

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1. Name and Address of Reporting Person* RATNERSALZBERG DEBORAH						2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]										Relationship of Reporting (Check all applicable) X Director			Person(s) to Issuer			
(Last) (First) (Middle) 2275 RESEARCH BLVD.						3. Date of Earliest Transaction (Month/Day/Year) 10/13/2020										Officer below)	(give title		Other (s below)	specify		
SUITE 600							4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable					
(Street) ROCKVILLE MD 20850															Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person							
(City)	(City) (State) (Zip)																					
		Tab	le I - No	n-Deriv	ative	e Se	ecurit	ies A	cqui	ired, [Disp	osed o	f, or B	enef	icially	Owned						
1. Title of Security (Instr. 3) 2. Transa Date (Month/D							2A. Deemed Execution Date, if any (Month/Day/Year)			3. Transac Code (In 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)					es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
									(Code	v	Amount	(A) (D)	P P	rice	Reported Transact (Instr. 3	ion(s)			(Instr. 4)		
Common Stock 10/13,					3/202	0				M		7,200	A		\$7.5	30	,932		D			
Common Stock 10/13,					3/202	2020				F		5,198	D	5	\$10.39	25,734			D			
Common Stock															14		,632		I	By Deborah Ratner Salzberg Trust		
		•	Table II -									sed of, onvertil				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	Date,	4. Transaction Code (Instr. 8)				Expi	ate Exer iration D nth/Day/	ate		7. Title and Amount of Securities Underlying Derivative Secur (Instr. 3 and 4)		curity	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	e S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exer	rcisable		expiration tate	Title	or Nu of	mber ares							
Stock Options	\$7.5	10/13/2020			M			7,200	12/3	31/2016	1	2/31/2020	Common Stock	7,	200	\$0	0		D			
Stock Options	\$11.38								12/3	1/2019 ⁽¹) 1	2/31/2023	Common	8,	400		8,400		D			
Stock Options	\$12.38								12/3	1/2018 ⁽¹) 1	2/31/2022	Common	7,	600		7,600)	D			
Stock Options	\$8.5								12/3	1/2017 ⁽¹) 1	2/31/2021	Common	7,	500		7,500)	D			
Stock Options	\$14.54								12/30	0/2020 ⁽¹) 1	2/30/2024	Common	5,	400		5,400)	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, as Attorneyin-Fact

10/14/2020

** 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.