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## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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	STATEMENT OF CHANGE
Instruction 1(b).	Filed pursuant to Section 16(a

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

ed 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 <sup>*</sup> Whalen James F.				suer Name <b>and</b> T pital Bancor				(Ch	eck all applicable) X Director	rting Person(s) to Issuer 10% Owner				
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600				ate of Earliest Tra 06/2021	Insactio	n (Mo	nth/Day/Year)		Officer (give ti below)		ner (specify ow)			
(Street)			4. lf .	Amendment, Date	e of Ori	ginal F	iled (Month/D	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person						
ROCKVILLE	MD	20850	)						Form filed by More than One Reporting Person					
(City)	(State)	(Zip)												
	· (In a tr. 2)	Table I -	Non-Deriva	_	Securities A		ed, I	1			ciall	y Owned 5. Amount of	6. Ownership	7 Nature of
Date			ear)   I	Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 an			15)	Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
							v	Amount	(A) or (D)	Price		Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock		05/06/2021		1			5,000	D	\$22.2	588 21,200		I	By The Katherine M. Whalen Trust	
Common Stock	Common Stock										58,400	I	By Millennium Trust Company, LLC FBO James Whalen	
Common Stock												240,409	I	By Whalen Family, LLC
Common Stock												614,754	I	By James F. Whalen Revocable Trust
Common Stock												2,821	I	By NMW Investments LLC
Common Stock												6,515	D	
Common Stock												2,821	I	By KAW Investments LLC
Common Stock												88,000	I	By IP Associates, LLC

	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)		tion of I		6. Date Exerci Expiration Dat (Month/Day/Ye	e	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	\$8.5							12/31/2017 <sup>(1)</sup>	12/31/2021	Common Stock	10,576		10,576	D	
Stock Options	\$12.38							12/31/2018 <sup>(1)</sup>	12/31/2022	Common Stock	14,400		14,400	D	

	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	\$11.38							12/31/2019 <sup>(1)</sup>	12/31/2023	Common Stock	11,250		11,250	D	
Stock Options	\$14.54							12/30/2020 <sup>(1)</sup>	12/30/2024	Common Stock	7,000		7,000	D	
Stock Options	\$13.89							12/31/2021 <sup>(1)</sup>	12/31/2025	Common Stock	5,000		5,000	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

05/28/2021

\*\* Signature of Reporting Person Date

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

 $\ast$  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.