FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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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 or Section 30(h) of the Investment Company Act of 1940

(Last) 2275 RE	2275 RESEARCH BLVD					2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]  3. Date of Earliest Transaction (Month/Day/Year) 12/14/2022								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner Officer (give title below) Other (specification)				vner
(Street) ROCKV	ILLE M		20850 (Zip)	- Doub	4. If Amendment, Date of Original Filed (Month/Day/Yea						,	Line	X Form filed by One Reporting Person Form filed by More than One Reporting Person					
Table I - Non-Deriv  1. Title of Security (Instr. 3)  2. Trans: Date (Month/to					saction			3. Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		d (A) or	5. Amou Securitie Benefici	nt of es ally Following d tion(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock 12/14					4/202	4/2022		М		12,400	+ ' '	\$12.3	+	5,327		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 I if any (Month/Day	Date,		ransaction code (Instr.		wative urities uired or posed O) (Instr. and 5)	6. Date Exercisal Expiration Date (Month/Day/Year		•	7. Title an of Securit Underlyin Derivative (Instr. 3 an	ies g Security	8. Price of Derivative Security (Instr. 5)	9. Number 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 Exercisal		Expiration Date	Title	Amount or Number of Shares					
Stock Options	\$12.38	12/14/2022			M			12,400	12/31/201	8 <sup>(1)</sup>	12/31/2022	Common Stock	12,400	\$0	0		D	
Stock Options	\$11.38								12/31/201	.9 <sup>(1)</sup>	12/31/2023	Common Stock	9,500		9,500	)	D	
Stock Options	\$26.41								12/31/202	2(1)	12/31/2026	Common Stock	1,400		1,400		D	
Stock Options	\$14.54								12/31/202	0(1)	12/31/2024	Common Stock	4,000		4,000		D	
Stock Options	\$13.89								12/31/202	1 <sup>(1)</sup>	12/31/2025	Common Stock	2,500		2,500		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

12/15/2022

\*\* 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.