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).

☐

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* **ASHMAN STEPHEN N**	2. Issuer Name **and** Ticker or Trading Symbol Capital Bancorp Inc [CBNK]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)

(Last)	(First)	(Middle)
2275 RESEARCH BLVD		
SUITE 600		

3. Date of Earliest Transaction (Month/Day/Year)   10/05/2021

X	Director		10% Owner
	Officer (give title below)		Other (specify below)

(Street)
ROCKVILLE   MD   20850

(City)	(State)	(Zip)

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

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	10/05/2021		M		5,300	A	$8.5	7,624	D	
Common Stock	10/05/2021		M		8,100	A	$12.38	15,724	D	
Common Stock	10/05/2021		M		4,800	A	$11.38	20,524	D	
Common Stock	10/05/2021		M		1,350	A	$14.54	21,874	D	
Common Stock	10/05/2021		F		8,992	D	$24.42	12,882	D	
Common Stock								138,472	I	Shari G. Ashman Trust
Common Stock								331,153	I	By Stephen Ashman Revocable Trust

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	$8.5	10/05/2021		M			5,300	12/31/2017[1]	12/31/2021	Common Stock	5,300	$8.5	0	D	
Stock Options	$12.38	10/05/2021		M			8,100	12/31/2018[1]	12/31/2022	Common Stock	8,100	$12.38	2,700	D	
Stock Options	$11.38	10/05/2021		M			4,800	12/31/2019[1]	12/31/2023	Common Stock	4,800	$11.38	4,800	D	
Stock Options	$14.54	10/05/2021		M			1,350	12/30/2020[1]	12/30/2024	Common Stock	1,350	$14.54	4,050	D	
Stock Options	$13.89							12/31/2021[1]	12/31/2025	Common Stock	3,375		3,375	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   10/07/2021

** 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.