SEC Form 4

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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL							
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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).

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* Schwartz Steven Jay						2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
														X Director	10% Owne			er		
(Last)	(F	(First) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 11/20/2023								Officer below)	(give tit	le	Other (specify below)		ecify	
2275 RESEARCH BLVD. SUITE 600					4.	lf Ame	endme	ent, Date	of Origii	nal File	ed (Month/Da		6. Individual or Joint/Group Filing (Check Applicable Line)							
					_									X Form fi	led by (One Repo	orting Pe	rson		
(Street) ROCKV	Street) ROCKVILLE MD 20850													Form fi Person		More than	One Re	eportir	ng	
					- R	Rule 10b5-1(c) Transaction Indication														
(City)	City) (State) (Zip)					Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.														
		Ta	ble I - N	lon-Der	ivativ	/e Se	curi	ties Ac	cquire	d, Di	sposed o	f, or Be	eneficia	lly Owned						
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da				Execution Date,			3. Transaction Code (Instr. 8) 4. Securities A Disposed Of (5)			Acquired (D) (Instr.	(A) or 3, 4 and	5. Amount of Securities Beneficially Owned Following		Form: Direct In (D) or Indirect B (I) (Instr. 4) O		ndire Benefi Ownei	Nature of direct eneficial wnership			
								Code	v	Amount	(A) or (D)	Price	 Reported Transaction(s) (Instr. 3 and 4) 				(Instr. 4)			
Common	Stock	ock 11/20		/2023)23		М		11,250	Α	\$11.38	55,302		D						
															By P		rudent			
Common	Common Stock												663,31	13 I		Inve		stments,		
																LLC				
			Table I								posed of,			/ Owned		,				
					•	, cai					convertil		,							
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deer Executio if any (Month/I		4. Transa Code (8)		ion of		6. Date Expirat (Month	tion Da		7. Title and Amoun of Securities Underlying Derivative Securit (Instr. 3 and 4)		Derivative Security	deriva Secur Benef Owne Follov Repor	ities ficially d ving rted action(s)	10. Owners Form: Direct (or Indir (I) (Inst	ship of Indire Benefici D) Ownersl ect (Instr. 4)	11. Nature of Indirec Beneficia Ownershi (Instr. 4)	
					Code	v	(A)	(D)	Date Exercis	sable	Expiration Date	Title	Amount or Number of Shares							
Stock Options	\$11.38	11/20/2023			М			11,250	12/31/2	2019 ⁽¹⁾	12/31/2023	Common Stock	ⁿ 11,250) \$0		0	D			
Stock Options	\$14.54								12/30/2	2020 ⁽¹⁾	12/30/2024	Common Stock	ⁿ 7,000		7	,000	D			
Stock Options	\$13.89								12/31/2	2021(1)	12/31/2025	Common Stock	ⁿ 5,000		5	5,000 I				
Stock Options	\$26.41								12/31/2	2022 ⁽¹⁾	12/31/2026	Common Stock	ⁿ 2,750		2	,750	D			
Stock Options	\$23.54								01/01/2	2024 ⁽¹⁾	01/01/2028	Common Stock	ⁿ 3,485		3	,485	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:

<u>/s/ Connie Egan, as Attorney-</u>	11/
in-Fact	11/.

/21/2023

** 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.