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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| Check this box if no longer subject to |
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| 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

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 3235-0287

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 hours per response:
 0.5

| | | | 2. Issuer Name and Ticker or Trading Symbol <u>Capital Bancorp Inc</u> [CBNK] | | tionship of Reporting Pers all applicable) Director | son(s) to Issuer 10% Owner | |
|-------------------------------------|--------------------|----------------|---|-------------------------|--|--|--|
| (Last) 2275 RESEARC SUITE 600 | (First) CH BLVD | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year) 02/14/2020 | Х | Officer (give title below) Executive V.P. and | Other (specify below) Chief C.O. | |
| (Street) ROCKVILLE (City) | MD (State) | 20850 (Zip) | 4. If Amendment, Date of Original Filed (Month/Day/Year) | 6. Indivi Line) X | idual or Joint/Group Filing Form filed by One Repo Form filed by More than Person | orting 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) | Transaction Code (Instr. | | | | | 5. Amount of Securities Beneficially Owned Following Reported | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---------------------------------|--|---|-----------------------------|---------------|--------|------------------------------------|--------|---|---|---|
| | | Code V Amount (A) or (D) | | (A) or (D) | Price | Transaction(s) (Instr. 3 and 4) | | (1130.4) | | |
| Common Stock | 02/14/2020 | | S | | 20,000 | D | \$14.3 | 78,491 | D | |
| Common Stock | 02/18/2020 | | S | | 3,783 | D | \$14.4 | 74,708 | 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. Transa Code (8) | | of | | 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 ⁽¹⁾ | 12/31/2021 | Common Stock | 3,500 | | 3,500 | D | |
| Stock Options | \$12.38 | | | | | | | 12/31/2018 ⁽¹⁾ | 12/31/2022 | Common Stock | 7,000 | | 7,000 | D | |
| Stock Options | \$11.38 | | | | | | | 12/31/2019 ⁽¹⁾ | 12/31/2023 | Common Stock | 11,250 | | 11,250 | 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/ Alan Jackson, as Attorney-</u> <u>in-Fact</u> <u>02/</u>

02/18/2020

** 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.