Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

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STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP
JIAIEWENI	OF CHANGES		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 [*] Burke Michael Joseph			2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]		ationship of Reporting Pe k all applicable) Director	erson(s) to Issuer 10% Owner
(Last) (First) 2275 RESEARCH BLVD. SUITE 600		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/13/2019		Officer (give title below)	Other (specify below)
			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indi Line)	Individual or Joint/Group Filing (Check Applicable e)	
(Street)				X	Form filed by One Re	porting Person
ROCKVILLE	MD	20850			Form filed by More that Person	an One Reporting
(City)	(State)	(Zip)				

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 Disposed Of (D) (Instr. 3, 4 a Code (Instr.			Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
			Code	v	Amount (A) or (D)		Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock	08/13/2019		Р		400	A	\$12.14	163,692	D		
Common Stock	08/13/2019		Р		100	A	\$12.2	163,792	D		
Common Stock								29,560	I	By Spouse	
Common Stock								87,452	Ι	By 401(k) ⁽¹⁾	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

(cig., puts, cans, 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 Deriv Secu Acqu (A) o Dispo of (D (Insti			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		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	\$6.63							12/31/2015	12/31/2019 ⁽²⁾	Common Stock	6,000		6,000	D	
Stock Options	\$7.5							12/31/2015	12/31/2019 ⁽²⁾	Common Stock	7,600		7,600	D	
Stock Options	\$8.5							12/31/2017	12/31/2021 ⁽²⁾	Common Stock	8,000		8,000	D	
Stock Options	\$12.38							12/31/2018	12/31/2022 ⁽²⁾	Common Stock	9,600		9,600	D	
Stock Options	\$11.38							12/31/2019	12/31/2023 ⁽²⁾	Common Stock	8,000		8,000	D	

Explanation of Responses:

1. (1) The Yorke, Burke & Lee 401(k) Profit Sharing Plan holds 87,452 shares of which 70,572 shares are held for the benefit of employees, which shares Mr. Burke disclaims ownership.

2. (2) 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-08/14/2019 in-Fact

** 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.