FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL										
	OMB Number: 3235-028										
l	Estimated average burden										
l	hours per response:	0.5									

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

1. Name and Address of Reporting Person* JACKSON ALAN W (Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 300							2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK] 3. Date of Earliest Transaction (Month/Day/Year) 01/01/2023										Relationship of Reporting Person(s) to Issuer Check all applicable) Director 10% Owner Officer (give title Other (specify below) Executive VP and CFO			
(Street) ROCKVILLE MD 20850 (City) (State) (Zip)					4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)									Line	Individual or Joint/Group Filing (Check Applicable le) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transa Date (Month/D						n ear)	CURITIES AC 2A. Deemed Execution Date, if any (Month/Day/Yea		te, C ear) 8)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)		(A) or 3, 4 and	5. Amou Securitie Benefici	nt of es ally following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common						- c	Code	v	Amount	mount (D)		Price	(Instr. 3	38,418		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		3A. Deemed Execution I if any (Month/Day	Date,	4. Transa Code (5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisal Expiration Date (Month/Day/Year)		le and	7. Title and Am of Securities Underlying Derivative Secu (Instr. 3 and 4)		ecurity	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficial Owned Following Reported Transactie (Instr. 4)	e es ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				,	Code	v	(A)	(D)	Date Exerci	isable		opiration	Title	OI N O	umber					
Stock Options	\$23.54	01/01/2023			A		3,475		01/01/	/2024 ⁽¹) 01	/01/2028	Comm		3,475	\$0	3,475	5	D	
Stock Options	\$11.38								12/31/	/2019 ⁽¹) 12	2/31/2023	Comm		3,250		8,250)	D	
Stock Options	\$14.54								12/30/	/2020 ⁽¹) 12	2/30/2024	Comm		2,000		12,00	0	D	
Stock Options	\$13.89								12/31/	/2021 ⁽¹) 12	2/31/2025	Comm		7,800		7,800)	D	
Stock Options	\$26.41								12/31/	/2022 ⁽¹) 12	2/31/2026	Comm		3,520		3,520		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

01/04/2023

** 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.