# SEC Form 5

## FORM 5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b)

### Form 3 Holdings Reported.

Form 4 Transactions Reported.

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## ANNUAL STATEMENT OF CHANGES IN BENEFICIAL **OWNERSHIP**

OMB APPROVAL									
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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*			2. Issuer Name <b>and</b> Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
RATNERSALZBERG DEBORAH		<u>BORAH</u>	<u></u> []	X	Director	10% Owner			
(Last) 2275 RESEARC	(First) CH BLVD.	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2022		Officer (give title below)	Other (specify below)			
SUITE 600			4. If Amendment, Date of Original Filed (Month/Day/Year)	ear) 6. Individual or Joint/Group Filing (Check Applica Line)					
(Street)				X	Form filed by One Re	porting Person			
ROCKVILLE	MD	20850			Form filed by More than One Reporting Person				
(City)	(State)	(Zip)							
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									

#### 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 Acc (D) (Instr. 3, 4 an		or Disposed Of	5. Amount of Securities Beneficially Owned at end of	6. Ownership Form: Direct	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Amount	(A) or (D)	Price	Issuer's Fiscal Year (Instr. 3 and 4)	(D) or Indirect (I) (Instr. 4)	
Common Stock	12/07/2022		М	7,600	A	\$0	39,985	D	
Common Stock	12/07/2022		F	3,822	D	\$12.38	36,163	D	
Common Stock							14,632	I	By Deborah Ratner Salzberg Trust

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

	(e.g., 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. Transaction Code (Instr. 8)	of Deri Seci Acq (A) ( Disp of (E (Inst	erivative (Month/Day/Year) ecurities cquired A) or isposed		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)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Options	\$12.38	12/07/2022		М		7,600	12/31/2018 <sup>(1)</sup>	12/31/2022	Common Stock	7,600	\$ <mark>0</mark>	0	D	
Stock Options	\$11.38						12/31/2019 <sup>(1)</sup>	12/31/2023	Common Stock	8,400		8,400	D	
Stock Options	\$14.54						12/30/2020 <sup>(1)</sup>	12/30/2024	Common Stock	5,400		5,400	D	
Stock Options	\$13.89						12/31/2021 <sup>(1)</sup>	12/31/2025	Common Stock	3,000		3,000	D	
Stock Options	\$26.41						12/31/2022 <sup>(1)</sup>	12/31/2026	Common Stock	1,800		1,800	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.