FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

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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* <u>Canuso Dominic C</u>							2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]								cable) r	ng Person(s) to Issu		vner		
(Last) (First) (Middle) 2275 RESEARCH BLVD, SUITE 600						3. Date of Earliest Transaction (Month/Day/Year) 07/15/2024								below)		nanci	Other (s below) ial Officer	·		
							4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street) ROCKVILLE MD 20850													Form filed by One Reporting Person Form filed by More than One Reporting Person							
(City)	(City) (State) (Zip)				Ru	Rule 10b5-1(c) Transaction Indication														
							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.													
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3)  2. Transa Date (Month/D						Execution Date			Code (Ir	Transaction Disposed Code (Instr. 5)		ties Acquired (A) or d Of (D) (Instr. 3, 4 and		5. Amount of Securities Beneficially Owned Following Reported		Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	(A) or (D)	Price	Transact (Instr. 3	tion(s)			(Instr. 4)		
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. Transaction Code (Instr. 8)				6. Date Exercisab Expiration Date (Month/Day/Year)		Amount of		f g Security	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	ly	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisable		Expiration Date	Title	Amount or Number of Shares							
Restricted Stock Units	(1)	07/15/2024			A		3,450		(2)		(2)	Common Stock	3,450	\$0	3,450		D			
Stock Options	\$21.57	07/15/2024			A		2,000		07/15/2025(3	3) 0	7/15/2029	Common Stock	2,000	\$0	2,000		D			

## **Explanation of Responses:**

- 1. Each Restricted Stock Unit represents the right to receive one share of common stock.
- 2. The Restricted Stock Unit will vest in three equal annual installments beginning 7/15/2025.
- 3. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

## Remarks:

/s/ Eric Martin, as Attorney-in-07/16/2024

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.