SEC F	Form 4
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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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OWR APPRC	JVAL							
OMB Number: 3235-028								
Estimated average burd	en							
hours per response.	05							

nours per response:	0.5

1. Name and Addre	1 0	Person [*]	2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
Burke Micha	<u>tet Josepn</u>			X	Director	10% Owner				
(Last) ONE CHURCH	(First) I STREET	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 09/26/2018		Officer (give title below)	Other (specify below)				
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line)	vidual or Joint/Group Fili	ng (Check Applicable				
ROCKVILLE	MD	20850		X	Form filed by One Re	porting Person				
ROCKVILLE		20030			Form filed by More th Person	an One Reporting				
(City)	(State)	(Zip)								
		Table I - Non-De	erivative Securities Acquired, Disposed of, or Ben	eficially	Owned					

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)			4. Securities Disposed Of			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)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	09/26/2018		S		16,000	D	\$11.6875	156,500	D	
Common Stock	09/26/2018		S		40,000	D	\$11.6875	87,452	Ι	By 401(k) ⁽¹⁾
Common Stock								29,560	Ι	By Spouse

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

(0.9., p				a.c, 0	, ano,		a	optione,			Jan 100)					
	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)		5. Nu of Deriv Secu Acqu (A) or Dispo of (D) (Instr and 5	ative rities ired osed . 3, 4	6. Date Exerc Expiration Da (Month/Day/Y	ate	7. Title Amoun Securi Under Deriva Securi and 4)	nt of ties lying tive ty (Instr. 3	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				

Explanation of Responses:

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. **Remarks:**

/s/ Alan Jackson, as Attorney-09/28/2018

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.