FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| STATEMENT | OF CHANGES | IN BENEFICIAL | OWNERSHIP |
|------------------|------------|---------------|-----------|

| OMB APPROVAL | | | | | | | | | | |
|--------------------|-----------|--|--|--|--|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | | | | | |
| Estimated average | burden | | | | | | | | | |
| hours per response | | | | | | | | | | |

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

| Name and Address of Reporting Person* Dicker Karl | | | | | 2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK] | | | | | | | | (Che | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title Other (specify | | | | | | |
|---|---|--|--|---------------|---|--|--------------|--------------------------------------|--|-------------------|---|---|--|---|---|--|---|--|---|--|
| (Last) 2275 RE | (F ESEARCH I | • | (Middle) | | | 3. Date of Earliest Transaction (Month/Day/Year) 05/21/2023 | | | | | | | | | below) | Officer (give title below) EVP and Presid | | below) | · | |
| SUITE 6 | 500 | | | | 4. If | Ame | ndme | nt, Date | e of Origin | al File | ed (Month/E | Day/Year | | 6. In Line | | Joint/Group | Filin | g (Check Ap | oplicable | |
| (Street) | Street) ROCKVILLE MD 20850 | | | - | | | | | | | | | | | X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | | |
| (City) | (S | state) | (Zip) | | | Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant satisfy the affirmative defense conditions of Rule 10b5-1(c). See | | | | | | suant t | to a cont Instructio | o a contract, instruction or written plan that is intended to struction 10. | | | | | | |
| | | Tab | le I - No | n-Deriv | ative | Se | curit | ies A | cquired | l, Di | sposed | of, or I | Bene | ficial | y Owned | d | | | | |
| 1. Title of Security (Instr. 3) 2. Transac Date (Month/Date) | | | eay/Year) Exe | | P.A. Deemed Execution Date, f any Month/Day/Year) | | Code | Transaction Disposed Code (Instr. 5) | | | ities Acquired (A) or d Of (D) (Instr. 3, 4 an | | Benefici | es ially Following | Forn (D) c | wnership m: Direct or Indirect nstr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | | | |
| | | | | | | | | Code | v | Amoun | | (A) or (D) | | Transac (Instr. 3 | tion(s) | | | (msu. 4) | | |
| Common | Stock | | | 05/21 | 1/2023 | | | | M | | 3,00 | 00 | A | (1) | 42,430 | | | D | | |
| Common Stock 05/21/ | | | /2023 | 2023 F 903 D: | | \$16.8 | 3 41 | 41,527 | | D | | | | | | | | | | |
| | | 1 | able II - | | | | | | | | osed of convert | | | | Owned | | | | | |
| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deem Execution if any (Month/Da | ed Date, | 4. Fransaction Code (Instr. 3) | | 5. Number of | | 6. Date Exercisab Expiration Date (Month/Day/Year) | | able and | 7. Title Amour Securi Underl Deriva | 7. Title and Amount of Securities Underlying Derivative Securi (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4) | ly | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership t (Instr. 4) | |
| | | | | | Code | v | (A) | (D) | Date Exercisal | ble | Expiration Date | Title | or Nu of | umber | | | | | | |
| Restricted Stock Units | (2) | 05/21/2023 | | | M | | | 3,000 | (2) | | (2) | Commo | | 3,000 | \$0 | 0 | | D | | |
| Stock Options | \$11.38 | | | | | | | | 12/31/201 | .9 ⁽³⁾ | 12/31/2023 | Comm | | 6,500 | | 16,500 |) | D | | |
| Stock Options | \$14.54 | | | | | | | | 12/30/202 | 20 ⁽³⁾ | 12/30/2024 | Comm | | 2,500 | | 12,500 |) | D | | |
| Stock Options | \$13.89 | | | | | | | | 12/31/202 | 1 ⁽³⁾ | 12/31/2025 | Commo | | ,165 | | 9,165 | | D | | |
| Stock Options | \$26.41 | | | | | | | | 12/31/202 | 2 ⁽³⁾ | 12/31/2026 | Commo | | ,055 | | 6,055 | | D | | |
| Stock Options | \$23.54 | | | | | | | | 01/01/20 |)24 | 01/01/2028 | Commo | | ,325 | | 5,325 | | D | | |
| Restricted Stock | (4) | | | | | | | | (4) | | (4) | Commo | | ,666 | | 1,666 | | D | | |

Explanation of Responses:

- 1. The Restricted Stock Units convert into common stock on a one-for-one basis.
- 2. Each Restricted Stock Unit represents the right to receive one share of common stock. The Restricted Stock Units will vest in four equal annual installments beginning 5/21/20.
- 3. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.
- 4. Each Restricted Stock Unit represents the right to receive one share of common stock. The Restricted Stock Units will vest in three equal annual installments beginning 1/01/22.

Remarks:

/s/ Connie Egan, as Attorney-

07/06/2023

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.