

OMB APPROVAL	
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**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

1. Name and Address of Reporting Person * <u>Barry Edward F</u>  (Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600  (Street) ROCKVILLE MD 20850  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Capital Bancorp Inc [ CBNK ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Executive Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>10/30/2019</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

**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 Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock	10/30/2019		M		15,096	A	\$6.63	55,336	D	
Common Stock	10/30/2019		F		6,967	D	\$14.37	48,369	D	
Common Stock								220,004	I	By Spouse <sup>(1)</sup>

**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)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		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)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Options	\$6.63	10/30/2019		M			15,096	12/31/2015 <sup>(2)</sup>	12/31/2019	Common Stock	15,096	\$6.63	0	D	
Stock Options	\$7.5							01/01/2017 <sup>(2)</sup>	01/01/2021	Common Stock	20,000		20,000	D	
Stock Options	\$8.5							12/31/2017 <sup>(2)</sup>	12/31/2021	Common Stock	20,000		20,000	D	
Stock Options	\$12.38							12/31/2018 <sup>(2)</sup>	12/31/2022	Common Stock	20,000		20,000	D	
Stock Options	\$11.41							01/01/2020 <sup>(2)</sup>	01/01/2024	Common Stock	20,000		20,000	D	
Restricted Stock Units	<sup>(3)</sup>							01/01/2019 <sup>(4)</sup>	<sup>(4)</sup>	Common Stock	16,000		16,000	D	

**Explanation of Responses:**

- The Reporting Person's 220,004 shares are held jointly with spouse.
- The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.
- The Restricted Stock Units convert into common stock on a one-for-one basis.
- The Restricted Stock Units will vest on 1/1/19.

**Remarks:**

/s/ Alan Jackson, as Attorney-in-Fact 11/01/2019

\*\* 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.

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