FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Vashington,	D.C.	20549	

# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response 0.5

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

1. Name and Address of Reporting Person\*

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Capital Bancorp Inc [ CBNK ] X Director 10% Owner Officer (give title Other (specify 3. Date of Earliest Transaction (Month/Day/Year) below) below) 12/17/2020

Burke Michael Joseph (Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600 (Street) 20850 **ROCKVILLE** MD (City) (State) (Zip)

4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person

Form filed by More than One Reporting

#### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) 2A. Deemed 6. Ownership Form: Direct 1. Title of Security (Instr. 3) 2. Transaction 5. Amount of 7. Nature Transaction Execution Date, of Indirect Beneficial Date (Month/Dav/Year) Securities Beneficially if any (Month/Day/Year) Code (Instr. (D) or Indirect 8) Owned Following Ownership (Instr. 4) Reported (A) or (D) Transaction(s) (Instr. 3 and 4) v Price Code Amount Common Stock 173,154 D By Common Stock 29,560 I **Spouse** Bv 12/17/2020 S 345 \$12.58 Common Stock D 83,107 401(k) BvS Common Stock 12/17/2020 400 D \$12.61 82,707 401(k) By Common Stock 12/17/2020 S 100 D \$12.57 82,607 401(k) By Common Stock 12/17/2020 s 380 D \$12.56 82,227 T 401(k) Bv Common Stock 12/17/2020 S D \$12.59 82,172 Ι 55 401(k) By Common Stock 12/17/2020 S 400 D \$12.55 81,772 401(k) By Common Stock 12/17/2020 S 200 D \$12.46 81,572 T 401(k) Bv Common Stock 12/17/2020 S 1,180 D \$12.4 80,392 401(k) Bv 12/17/2020 S 455 D 79,937 Common Stock \$12.42 401(k) By Common Stock 12/17/2020 S 340 D \$12.41 79,597 T 401(k) By Common Stock 12/17/2020 S 145 D \$12.43 79,452 T 401(k)

## 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. Transa Code ( 8)		on of		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	Amount or Number of Shares				
Stock Options	\$12.38							12/31/2018 <sup>(1)</sup>	12/31/2022	Common Stock	9,600		9,600	D	
Stock Options	\$8.5							12/31/2017 <sup>(1)</sup>	12/31/2021	Common Stock	8,000		8,000	D	

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. Transa Code ( 8)		of Deriv Secu Acqu (A) o Dispe	or osed ) r. 3, 4		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	Amount or Number of Shares				
Stock Options	\$11.38							12/31/2019 <sup>(1)</sup>	12/31/2023	Common Stock	8,000		8,000	D	
Stock Options	\$14.54							12/30/2020 <sup>(1)</sup>	12/30/2024	Common Stock	5,400		5,400	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 Attorney-

12/21/2020

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\*\* Signature of Reporting Person Da

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  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.