#### FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

ı	OMB APPRO	OVAL
	OMB Number:	3235-0287
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	hours per response:	0.5

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>Curtis Kathy M</u>						2. Issuer Name and Ticker or Trading Symbol  Capital Bancorp Inc [ CBNK ]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner				
(Last) (First) (Middle) 2275 RESEARCH BLVD						3. Date of Earliest Transaction (Month/Day/Year) 12/11/2019								X Officer below)  Exec	er (specify w) C.O.			
(Street) ROCKVILLE MD 20850 (City) (State) (Zip)					4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable ne)  X Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Tab	le I - No	n-Deri	vativ	e Se	curiti	ies A	cquired	, Di	sposed o	f, or Be	neficial	ly Owned	ı			
1. Title of Security (Instr. 3)  2. Transact Date (Month/Day						ey/Year) if a		A. Deemed xecution Date, any Month/Day/Year)		3. Transaction Code (Instr. ) 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		Benefici Owned I	es ally Following	6. Ownership Form: Direct (D) or Indirec (I) (Instr. 4)	Ownership	
									Code	v	Amount	(A) or (D)	Price	Reporte Transac (Instr. 3	tion(s)		(Instr. 4)	
Common Stock 12/11/2					/2019	2019		S		20,064	D	\$14.05	(1) 82	,136	D			
		-	Table II -								oosed of, converti			Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deem Execution if any (Month/Da	n Date,	4. Transa Code ( 8)				6. Date Exercis Expiration Date (Month/Day/Yea		е	7. Title and Amoun of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transactio (Instr. 4)	Ownersh Form: Direct (D or Indire (I) (Instr.	Beneficial Ownership ct (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisal	le	Expiration Date	Title	Amount or Number of Shares					
Stock Options	\$11.38								12/31/201	9 <sup>(2)</sup>	12/31/2023	Common Stock	15,000		15,000	D		
Stock Options	\$6.63								12/31/201	5 <sup>(2)</sup>	12/31/2019	Common Stock	13,000		13,000	D		
Stock Options	\$6.63								01/31/201	6 <sup>(2)</sup>	01/31/2020	Common Stock	20,000		20,000	D		
Stock Options	\$7.5								12/31/201	6 <sup>(2)</sup>	12/31/2020	Common Stock	14,000		14,000	D		
Stock Options	\$8.5								12/31/201	7 <sup>(2)</sup>	12/31/2021	Common Stock	14,000		14,000	D		
Stock	\$12.38								12/31/201	8 <sup>(2)</sup>	12/31/2022	Common	14.000		14,000	D		

#### **Explanation of Responses:**

1. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$14.00 to \$14.28, inclusive. The reporting persons undertake to provide Capital Bancorp, Inc., any security holder of Capital Bancorp, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within this range.

2. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

# Remarks:

Options

/s/ Alan Jackson, as Attorney-

12/12/2019

\*\* Signature of Reporting Person

Stock

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.