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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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>Poynot Steven M</u> | | | | | 2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK] | | | | | | ationship of Reportir (all applicable) Director Officer (cive title | 10% 0 | Owner | |
|--|-----------------------|----------------------|--|--|--|---|-------|---|------------------|---|---|---|---|--|
| (Last) 2275 RESEAR | (First) CH BLVD, S | (Middle) UITE 600 | | 3. Date of Earliest Transaction (Month/Day/Year) 03/14/2023 | | | | | | X | Officer (give title below) EVP, Chief O | (specify) Cer | | |
| | | | | | mendment, Date of 5/2023 | Original | Filed | (Month/Day/Y | 6. Indi Line) | 6. Individual or Joint/Group Filing (Check Applicable Line) | | | | |
| (Street) | | | | | | | | | | X | Form filed by On | e Reporting Per | son | |
| ROCKVILLE | MD | 20850 | | | | | | | | | Form filed by Mo Person | re than One Rej | oorting | |
| (City) | (State) | (Zip) | | Rule 10b5-1(c) Transaction Indication | | | | | | | | | | |
| | | | Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. | | | | | | | | | | | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | |
| Date | | | 2. Transac Date (Month/Da | | 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 a 5) | | | 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 | Price | Transaction(s) | | (11150.4) | |

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

Р

Р

900

100

Α

A

\$17

\$16.99

900⁽¹⁾

1,000⁽¹⁾

D

D

| (org), paro, narrano, optiono, convertible occartico) | | | | | | | | | | | | | | | |
|---|---|--|---|---|---|--|-----|--|--------------------|--|--|---|--|--|--|
| 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 | Amount or Number of Shares | | | | |
| Stock Options | \$24.25 | | | | | | | 10/11/2023 ⁽²⁾ | 10/11/2027 | Common Stock | 2,000 | | 2,000 | D | |
| Stock Options | \$23.54 | | | | | | | 01/01/2024 ⁽²⁾ | 01/01/2028 | Common Stock | 2,300 | | 2,300 | D | |
| Restricted Stock Units | (3) | | | | | | | (4) | (4) | Common Stock | 2,000 | | 2,000 | D | |

Explanation of Responses:

Common Stock

Common Stock

1. This amendment amends the total amount of common stock owned following the previously reported transaction effected on March 14, 2023.

03/14/2023

03/14/2023

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

3. Each Restricted Stock Unit represents the right to receive one share of common stock.

4. The Restricted Stock Unit will vest in three equal annual installments beginning 10/11/2023.

Remarks:

<u>/s/ Connie Egan, as Attorney-</u> in-Fact <u>06</u>/

06/02/2023

** 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.