FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL OMB Number 3235-0104 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 Whalen James F.			2. Date of Event Requiring (Month/Day/Year) 09/25/2018	Statement	3. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]					
(Last) (First) (Middle) ONE CHURCH STREET			(Check all applicable)		Relationship of Reporting Person(s) to Issue (Check all applicable) X Director	n(s) to Issuer		5. If Amendment, Date of Original Filed (Month/Day/Year)		
(Street) ROCKVILLE	CVILLE MD 20850				Officer (give title below)	Other (specify b	elow)	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State)	(Zip)								
Table I - Non-Derivative Securities Beneficially Owned										
1. Title of Security (Instr. 4)				2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership For (D) or Indirect (I)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)		ture of Indirect Beneficial Ownership (Instr. 5)		
Common Stock				88,000	I	I By II		P Associates, LLC		
Common Stock				58,400	I	I By M		lillennium Trust Company, LLC FBO James Whalen		
Common Stock				620,396	I	Ву Ја	nes F. Whalen Revocable Trust			
Common Stock				237,248	I	I By W		halen Family, LLC		
Common Stock				31,200	I	I By T		he Katherine M. Whalen Trust		
					vative Securities Beneficially Owner warrants, options, convertible secur					
1. Title of Derivative Security (Instr. 4)			2. Date Exer Expiration D (Month/Day/	ate	3. Title and Amount of Securities Underlying (Instr. 4)	Derivative Security	4. Conversion of Exercise Price of Derivative	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)	
			Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security			
Stock Options			12/31/2015 ⁽¹⁾	12/31/2019	Common Stock	3,000	6.63	D		
Stock Options 12/31/20			12/31/2016 ⁽¹⁾	12/31/2020	Common Stock	7,000	7.5	D		
Stock Options 12/31/2017 ⁽¹⁾ 12/31/202			12/31/2021	Common Stock	10,576	8.5	D			
Stock Options 12/31/2018 ⁽¹⁾			12/31/2022	Common Stock	14,400	12.38	D			
Explanation of Respons	ses:				,	,	,	,	,	

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-in-Fact
** Signature of Reporting Person

09/25/2018

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 5 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Volations See 18 U.S.C. 1001 and 15 U.S.C. 76ff(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.

Know all by these present, that the undersigned hereby makes, constitutes and appoints each of Alan Jackson and Karen Grau as the undersigned's true and lawful attorney. Inc. (2) seek or obtain, as the undersigned's representative and on the undersigned's behalf, information on transactions in the Company's securities from any thire perform any and all other acts which in the discretion of such attorney-in-fact are necessary or desirable for and on behalf of the undersigned in connect:

The undersigned acknowledges that:

(1) this Power of Attorney authorizes, but does not require, such attorney-in-fact to act in their discretion on information provided to such attorney-in-fact without independent verification of such information;
(2) any documents prepared and/or executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney will be in such form and w:
(3) neither the Company nor such attorney-in-fact assumes (i) any liability for the undersigned's responsibility to comply with the requirement of the Exchange (4) this Power of Attorney does not relieve the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, includes

The undersigned hereby gives and grants the foregoing attorney-in-fact full power and authority to do and perform all and every act and thing whatsoever requisite, r

This Power of Attorney shall remain in full force and effect until revoked by the undersigned in a signed writing delivered to such attorney-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 25th day of September, 2018.

/s/ James F. Whalen Signature