FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL									
	OMB Number:	3235-0287								
	Estimated average b	urden								
- 1	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).

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* Schwartz Steven Jay (Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600 (Street) ROCKVILLE MD 20850					3. I 01	2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK] 3. Date of Earliest Transaction (Month/Day/Year) 01/01/2023 4. If Amendment, Date of Original Filed (Month/Day/Year)								Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner Officer (give title Other (specify below) 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/				ction	ion 2A. Deemed Execution Date,		3. 4. Securities Acquired (A) or Transaction Disposed Of (D) (Instr. 3, 4 a Code (Instr. 5)			(A) or	5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership				
									Code	v	Amount	(A) or (D)	Price	Reported Transaction((Instr. 3 and	(s) 4)			Instr.	4)
Common Stock 01/01/20					2023	023		A		1,699	A	\$ <mark>0</mark>	44,052	2	D				
Common Stock												663,31	13 I		1 1		rudent etments,		
	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)	tive Conversion Date Execution Date, Tr ty or Exercise (Month/Day/Year) if any C				ransaction of ode (Instr. Derivative			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5) Derivative Security Secur		urities Forr Dire or In (I) (II) (II) (II) (II) (III) (III) (III) (III) (III) (III) (IIII) (IIII) (IIIIIIII		arship of Indirect Beneficial Ownership (Instr. 4)			
					Code	v	(A)	(D)	Date Exercisa	ible	Expiration Date	Title	Amount or Number of Shares	1					
Stock Options	\$23.54	01/01/2023			A		3,485		01/01/20	24 ⁽¹⁾	01/01/2028	Common Stock	3,485	\$0	3	,485	D		
Stock Options	\$26.41								12/31/20	22 ⁽¹⁾	12/31/2026	Common Stock	2,750		2,750		D		
Stock Options	\$14.54								12/30/20	20 ⁽¹⁾	12/30/2024	Common Stock	7,000		7,000		D		
Stock Options	\$11.38								12/31/20	19 ⁽¹⁾	12/31/2023	Common Stock	11,250		11	1,250	D		
Stock Options	\$13.89								12/31/20	21 ⁽¹⁾	12/31/2025	Common Stock	5,000		5	,000	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 Attorneyin-Fact

01/04/2023

** 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.