\Box

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden

0.5

hours per response:

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* Whalen James F.					ssuer Name and T apital Bancor				(Ch	elationship of Repo eck all applicable) X Director		o Issuer % Owner		
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600					Date of Earliest Tra /27/2021 f Amendment, Date				Officer (give title Other (specify below) below) 6. Individual or Joint/Group Filing (Check Applicable					
(Street) ROCKVILLE (City)	MD (State)		One Reporting P More than One P	Person										
		Table I -	Non-Deriva	ative	e Securities A	cquir	ed, I	Disposed	of, or E	Benefic	ciall	y Owned		
Dat			2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (8)	iction Instr.	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and			d 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 (D)	Price		Transaction(s) (Instr. 3 and 4)		
Common Stock			05/27/202	1		S		10,000	D	\$22.00)95	16,200	I	By The Katherine M. Whalen Trust
Common Stock		05/27/202	1		S		88,000	D \$22.021		21	0	Ι	By IP Associates, LLC	
Common Stock												58,400	I	By Millennium Trust Company, LLC FBO James Whalen
Common Stock												240,409	I	By Whalen Family, LLC
Common Stock												614,754	I	By James F Whalen Revocable Trust
Common Stock												2,821	I	By NMW Investment LLC
Common Stock												6,515	D	
Common Stock												2,821	I	By KAW Investment

L			(0)	• •				· •							
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)	Transaction Code (Instr. 8) Act (A) Dis of ((Inst		of Deriv Secu Acqu (A) o Disp of (D	or osed) r. 3, 4	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	\$8.5							12/31/2017 ⁽¹⁾	12/31/2021	Common Stock	10,576		10,576	D	
Stock Options	\$12.38							12/31/2018 ⁽¹⁾	12/31/2022	Common Stock	14,400		14,400	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. 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	\$11.38							12/31/2019 ⁽¹⁾	12/31/2023	Common Stock	11,250		11,250	D	
Stock Options	\$14.54							12/30/2020 ⁽¹⁾	12/30/2024	Common Stock	7,000		7,000	D	
Stock Options	\$13.89							12/31/2021 ⁽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 05/2

05/27/2021

** Signature of Reporting Person Date

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

 \ast 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.