FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).	TATE
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## MENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

5. Relationship of Reporting Person(s) to Issuer

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading Symbol

Name and Address of Reporting Person*     Levitt Randall James						2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner					
(Last) (First) (Middle) 2275 RESEARCH BLVD. SUITE 600					12/	31/2	019				/Day/Year) d (Month/Da	6.1	Officer (give title Other below)  6. Individual or Joint/Group Filing (Check A						
(Street) ROCKVILLE MD 20850						, , , , ,	, ramon,	Jaco	o. Onga		o (o	Lin	Line)  X Form filed by One Reporting Person  Form filed by More than One Reporting  Person						
(City)	(S	tate)	(Zip)											. 5.55					
		Tab	le I - No	n-Deriv	ative	Se	curitie	s A	cquired	, Dis	sposed o	f, or Be	neficial	ly Owned					
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Ye		Year) Exec		A. Deemed execution Date, any month/Day/Year)		ction Instr.	4. Securitie Disposed ( 5)			5. Amount Securities Beneficially Owned Fol Reported	v	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of ndirect Beneficial Ownership			
									Code	v	Amount	(A) or (D)	Price	Transaction (Instr. 3 and	n(s) d 4)		(	Instr. 4)	
Common	Stock			12/31	/2019				A		481	A	\$0	481	L	I	)		
Common	Stock													150,2	13	1	] [ ] [ ]	By Randall James Levitt Revocable Trust	
Common	Stock													174,2	200	]	I I (	By Montrose Lending Group, LLC	
Common	Stock													15,00	00	]	[ ]	By RJL Investment Company, LLC	
Common	Stock													154,0	)56	]	[ ]	By Maud Associates, LLC	
Common Stock												392,000		I		By BTC Frust Company of South Dakota			
		-	Table II -	Deriva	tive :	Seci	urities s. warı	Acc	quired, I s. optio	Disp ns.	osed of, convertib	or Ben	eficially irities)	Owned					
1. Title of Derivative Security (Instr. 3)	L. Title of 2. 3. Transaction Date Execution D Security or Exercise (Month/Day/Year) if any		ed n Date,	4. Transaction Code (Instr 8)				6. Date Ex	Date Exercisable and piration Date onth/Day/Year)				nt 8. Price of Derivative Security (Instr. 5) Bene Own Follo Repo		rities Form: ficially Direct (D) or Indirect wing rted faction(s)		Beneficial Ownership t (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisab	ole	Expiration Date	Title	Amount or Number of Shares						
Stock Options	\$14.89	12/31/2019			A		5,400		12/31/202	0 <sup>(1)</sup>	12/31/2024	Common Stock	5,400	\$0	5,4	100	D		
Stock Options	\$7.5								12/31/201	6 <sup>(1)</sup>	12/31/2020	Common Stock	3,200		3,2	200	D		
Stock Options	\$8.5								12/31/201	7 <sup>(1)</sup>	12/31/2021	Common Stock	5,400		5,4	100	D		
Stock Options	\$12.38								12/31/201	8 <sup>(1)</sup>	12/31/2022	Common Stock	11,600		11,	600	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. Transa Code ( 8)	ction of			6. Date Exerci Expiration Dat (Month/Day/Ye	е	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 <sup>(1)</sup>	12/31/2023	Common Stock	10,000		10,000	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 01/02/2020

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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.