## FORM 4

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden 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

Name and Address of Reporting Person*				2. Issuer Name and Ticker or Trading Symbol  Capital Bancorp Inc [ CBNK ]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
Barry Edward	<u>d F</u>			Cupit	<u>ar Dancorp 11</u>	<u>10</u> [ 0	DIVIX	1		X	Director	10% (	Owner			
(Last)	(First)	(Middle)		3. Date	of Earliest Transac	tion (Mo	onth/D	av/Year)		X	Officer (give title below)	Other below	(specify			
2275 RESEARCH BLVD.				02/14/2023							Chief Exec	eutive Officer				
SUITE 600																
(0)				4. If Amendment, Date of Original Filed (Month/Day/Year)							6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street) ROCKVILLE MD 20850											Form filed by One	Form filed by One Reporting Person				
											Form filed by Mor Person	e than One Repo	orting			
(City)	(State)	(Zip)														
		Table I - No	n-Deriva	tive S	ecurities Acq	uired,	Disp	osed of,	or Ben	eficially	Owned					
, (			2. Transac Date (Month/Da		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of	Acquired (D) (Instr.	(A) or 3, 4 and 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)		(1130.4)			
Common Stock			02/14/	2023		M		5,571	A	\$0	107,136	D				
Common Stock			02/14/	2023		F		2,513	D	\$21	104,623	D				
Common Stock			02/15/	2023		M		6,469	A	\$0	111,092	D				
Common Stock			02/15/	2023		F		2,918	D	\$21.26	108,174	D				
Common Stock			02/15/	2023		М		3,165	A	\$0	111,339	D				
Common Stock			02/15/	2023		F		1,428	D	\$21.26	109,911	D				
Common Stock											220,004	I	By Spouse			
		Table II -	Derivati	ve Se	curities Acqui	red. D	ispo	sed of. o	r Benef	icially O	wned	,				

# (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	xercise (Month/Day/Year) if any Code (Insection of vative (Month/Day/Year)					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)	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		(Instr. 4)		
Restricted Stock Units	(1)	02/14/2023		M			5,571	(2)	(2)	Common Stock	5,571	\$0	0	D	
Restricted Stock Units	(1)	02/15/2023		A		7,714		(3)	(3)	Common Stock	7,714	\$0	7,714	D	
Restricted Stock Units	(1)	02/15/2023		M			6,469	(4)	(4)	Common Stock	6,469	\$0	6,467	D	
Restricted Stock Units	(1)	02/15/2023		M			3,165	(5)	(5)	Common Stock	3,165	\$0	6,330	D	
Stock Options	\$11.41							01/01/2020 <sup>(6)</sup>	01/01/2024	Common Stock	20,000		20,000	D	
Stock Options	\$14.89							01/01/2021(6)	01/01/2025	Common Stock	20,000		20,000	D	
Stock Options	\$13.93							01/01/2022 <sup>(6)</sup>	01/01/2026	Common Stock	20,000		20,000	D	
Stock Options	\$23.54							01/01/2024 <sup>(6)</sup>	01/01/2028	Common Stock	15,351		15,351	D	
Stock Options	\$26.41							12/31/2022 <sup>(6)</sup>	12/31/2026	Common Stock	12,500		12,500	D	

## **Explanation of Responses:**

- 1. Each Restricted Stock Unit represents the right to receive one share of common stock.
- 2. The Restricted Stock Unit will vest in three equal annual installments beginning 02/14/21.
- $3. \ The \ Restricted \ Stock \ Unit \ will \ vest \ in \ three \ equal \ annual \ installments \ beginning \ 02/15/24.$
- 4. The Restricted Stock Unit will vest in three equal annual installments beginning 02/15/22.
- $5. \ The \ Restricted \ Stock \ Unit \ will \ vest \ in \ three \ equal \ annual \ installments \ beginning \ 02/15/23.$
- 6. 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

\*\* Signature of Reporting Person

Date

02/16/2023

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.

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