SEC F	orm 4
-------	-------

## 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)

### 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

# OMB APPROVAL

OMB Number:	3235-0287
Estimated average burg	len
hours per response:	0.5

1. Name and Address of Reporting Person <sup>*</sup> Dicker Karl		2. Issuer Name <b>and</b> Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]	(Check	ionship of Reporting Pers all applicable) Director Officer (give title	son(s) to Issuer 10% Owner Other (specify		
(Last) (First) (N 2275 RESEARCH BLVD SUITE 600	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/31/2018	Х	below) EVP and C	below)		
		4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable				
(Street) ROCKVILLE MD 24	:0850		Line) X	Form filed by One Rep Form filed by More that Person	5		
(City) (State) (Z	Zip)			Person			

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.		4. Securities / Disposed Of ( 5)		3, 4 and	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								16,000	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)		of		6. Date Exercis Expiration Dat (Month/Day/Ye	e	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	12/31/2018		Α		16,500		12/31/2019 <sup>(1)</sup>	12/31/2023	Common Stock	16,500	\$ <mark>0</mark>	16,500	D	
Stock Options	\$12.38							05/21/2019 <sup>(1)</sup>	12/31/2023	Common Stock	12,000		12,000	D	
Restricted Stock Units	\$0.0							05/21/2020 <sup>(2)</sup>	(2)	Common Stock	12,000		12,000	D	

Explanation of Responses:

1. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

2. The Restricted Stock Units vest in four equal annual installments beginning 5/21/20.

**Remarks:** 

/s/ Alan Jackson, as Attorney-

in-Fact

01/02/2019

\*\* 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.