SEC Form 4	
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Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

or Section So(n) or the investment Company Act of 1940											
1. Name and Addres Burke Michae	ss of Reporting Person el Joseph	n*	2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]		elationship of Reporting Person(s) to Issuer ck all applicable) Director 10% Owner						
(Last) (First) (Middle) 2275 RESEARCH BLVD.		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/04/2020]	Officer (give title below)	Other (specify below)					
SUITE 600			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line)	dividual or Joint/Group Filing (Check Applicable						
(Street)				X	Form filed by One Report	ing Person					
ROCKVILLE	MD	20850			Form filed by More than C Person	One Reporting					
(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/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 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)		(1150.4)
Common Stock	12/04/2020		М		7,600	A	\$7.5	177,873	D	
Common Stock	12/04/2020		F		4,719	D	\$12.08	173,154	D	
Common Stock								29,560	Ι	By Spouse
Common Stock								83,452	Ι	By 401(k)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

	(e.g., puis, cais, 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)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		Expiration Date (Month/Day/Year)		Expiration Date		Expiration Date (Month/Day/Year)		Expiration Date		Expiration Date		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	\$7.5	12/04/2020		М			7,600	12/31/2015 ⁽¹⁾	12/31/2019	Common Stock	7,600	\$ <mark>0</mark>	0	D													
Stock Options	\$12.38							12/31/2018 ⁽¹⁾	12/31/2022	Common Stock	9,600		9,600	D													
Stock Options	\$8.5							12/31/2017 ⁽¹⁾	12/31/2021	Common Stock	8,000		8,000	D													
Stock Options	\$14.54							12/30/2020 ⁽¹⁾	12/30/2024	Common Stock	5,400		5,400	D													
Stock Options	\$11.38							12/31/2019 ⁽¹⁾	12/31/2023	Common Stock	8,000		8,000	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 Attorney-

in-Fact

12/07/2020

** 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.