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
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	ss of Reporting Persor)*	2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
<u>Barry Edward F</u>				X	Director	10% Owner			
P				х	Officer (give title	Other (specify			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)		below)	below)			
2275 RESEARC	CH BLVD.		01/01/2019	Chief Executive Officer					
SUITE 600									
			4. If Amendment, Date of Original Filed (Month/Day/Year)		dual or Joint/Group Filing (0	Check Applicable			
(Street)				Line)					
ROCKVILLE	MD	20850		X	Form filed by One Reporti	ing Person			
					Form filed by More than C	Dne Reporting			
(City)	(State)	(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)	e, Transaction Code (Instr.		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)		(11311. 4)	
Common Stock								220,004	Ι	By Spouse ⁽¹⁾	
Common Stock	01/01/2019		М		16,000	Α	(2)	37,005	D		
Common Stock	01/01/2019		F		5,395	D	\$11.41	31,610	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)		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)	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	(2)	01/01/2019		М			16,000	01/01/2019 ⁽³⁾	(3)	Common Stock	16,000	\$0	0	D	
Stock Options	\$11.41	01/01/2019		A		20,000		01/01/2020 ⁽⁴⁾	01/01/2024	Common Stock	20,000	\$0	20,000	D	
Stock Options	\$6.63							12/31/2015 ⁽⁴⁾	12/31/2019	Common Stock	15,096		15,096	D	
Stock Options	\$7.5							01/01/2017 ⁽⁴⁾	01/01/2021	Common Stock	20,000		20,000	D	
Stock Options	\$8.5							12/31/2017 ⁽⁴⁾	12/31/2021	Common Stock	20,000		20,000	D	
Stock Options	\$12.38							12/31/2018 ⁽⁴⁾	12/31/2022	Common Stock	20,000		20,000	D	

Explanation of Responses:

1. The Reporting Person's 220,004 shares are held jointly with spouse.

2. The Restricted Stock Units convert into common stock on a one-for-one basis.

3. The Restricted Stock Units will vest on 1/1/19.

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

Remarks:

<u>/s/ Alan Jackson, as Attorney-in-</u> <u>Fact</u> <u>01/03/2019</u>

** Signature of Reporting Person Date

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

 * 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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