FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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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

					UI	Jecuit	JII 30(ii) oi tile	iiivesiii	iciil C	ompany Act	01 1340							
Name and Address of Reporting Person* Bernstein Joshua						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						ate of 26/20		est Tran	saction (Month	n/Day/Year)		Officer (give title Other (specify below)						
(Street) ROCKVILLE MD 20850					- 4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(Si	rate) (Zip)																	
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3)				2. Transa Date (Month/Da		Execution Dat		n Date,	Code (Ins		Disposed O	s Acquired (A) or f (D) (Instr. 3, 4 and		Securities Beneficiall	Beneficially Owned Following Reported		Direct Ir ndirect B r. 4) C	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
								Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)						
Common Stock 10/				10/26/	/2021				M		2,600	A	\$8.5						
Common Stock 10/26/2				/2021						7,200	A	\$12.3	63,29	63,296)			
Common Stock 10/26/20					/2021				M		4,500	A	\$11.3						
Common Stock 10/26/20				/2021)21			M		1,750	A	\$14.5	69,5	69,546		D			
Common Stock													324,0	324,000		I N	By Vorman Bernstein		
Common Stock													154,4	154,400		ı s	By andBern Ventures, LC		
Common Stock														303,2	303,200		I F	Sy Sernstein 'und Jimited 'artnership	
		-	Table II											ly Owned					
1. Title of Derivative Security (Instr. 3)	re Conversion Date Execution or Exercise (Month/Day/Year) if any		med on Date,	4. Transac Code (I 8)	ction	5. Number of		6. Date Exercis Expiration Dat (Month/Day/Ye		sable and	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Num derivat Securit Benefic Owned Follow Report Transa (Instr. 4	ive ties cially ing ed ction(s)	10. Ownershi Form: Direct (D) or Indirec (I) (Instr. 4	Beneficial Ownership (Instr. 4)		
						v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amour or Number of Shares	er					
Stock Options	\$8.5	10/26/2021			M			2,600	12/31/2017 ⁽¹⁾		12/31/2021	Common Stock	2,60	0 \$8.5		0	D		
Stock Options	\$12.38	10/26/2021						7,200	12/31/20	18 ⁽¹⁾	12/31/2022	Common Stock	7,20	0 \$12.38	2,4	2,400			
Stock Options	\$11.38	10/26/2021			М			4,500	12/31/20	19 ⁽¹⁾	12/31/2023	Common Stock	4,50	0 \$11.38	4,5	500	D		
Stock Options	\$14.54	10/26/2021			М			1,750	12/30/20	20 ⁽¹⁾	12/30/2024	Common Stock	1,75	0 \$14.54	5,2	250	D		
Stock Options \$13.89				\neg				12/31/20	21 ⁽¹⁾	12/31/2025	Common Stock	3,75	0	3,7	750	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 Attorneyin-Fact

01/03/2022

** Signature of Reporting Person

- * 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.