FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

## **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 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*						2. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [ CBNK ]										neck all appli Directo	cable) or	10% (		vner
(Last) (First) (Middle) 2275 RESEARCH BLVD.						3. Date of Earliest Transaction (Month/Day/Year) 05/08/2023											Officer (give title below)  SVP &		Other (s below)	specify
SUITE 600					4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street) ROCKVILLE MD 20850				X Form filed by One Reporting Person Form filed by More than One Reporting Person																
(City)	(City) (State) (Zip)					Rule 10b5-1(c) Transaction Indication  Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.														
		Tab	le I - No	n-Deriv	/ative	e Se	curit	ies A	cqui	ired, l	Dis	posed o	of, o	Ben	eficia	ly Owne	t			
1. Title of Security (Instr. 3)				Date		2A. Deemed Execution Date, if any (Month/Day/Yea		e,   T	Code (Instr		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)		I (A) or . 3, 4 and	Benefic	es Fo ially (D Following (I)		n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									[	Code	v	Amount	nt (A) or (D)		Price	Transac (Instr. 3	tion(s)			(mou. 4)
Common Stock 05/08						/2023				M		1,500	0	A	\$11.3	1,	1,626		D	
		1										osed of onverti				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Da	Date,	4. Transactio Code (Insti 8)				6. Date Exercis. Expiration Date (Month/Day/Yea		Date		7. Title and Amount of Securities Underlying Derivative St (Instr. 3 and			8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	A) (D) D		e rcisable	e E	xpiration ate	Title		Amount or Number of Shares					
Stock Options	\$11.38	05/08/2023			M			1,500	12/3	31/2019	12	2/31/2023	Com		1,500	\$0	250		D	
Stock Options	\$13.89						Τ		12/3	31/2021	12	2/31/2025	Com		2,000		2,000		D	
Stock Options	\$26.41								12/3	31/2022	2 13	2/31/2026	Com		1,050		1,050		D	
Stock Options	\$23.54						Τ		01/0	01/2024	0	1/01/2028	Com		1,600		1,600		D	
Stock	\$14.54								12/3	31/2020	12	2/31/2024	Com		2,000		2,000		D	

**Explanation of Responses:** 

Remarks:

/s/ Connie Egan

05/09/2023

\*\* Signature of Reporting Person Date

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

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.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).