FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
hours per response:	0.5								

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 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*  ASHMAN STEPHEN N					2. Issuer Name <b>and</b> 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					3. Date of Earliest Transaction (Month/Day/Year) 11/11/2021								X	Director Officer (give title below)				specify		
				4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)						
(Street)	ILLE M	D	20850		_											orting Person				
(City)	(S	tate)	(Zip)																	
		Tab	le I - N	lon-Deri	vative	e Sec	uriti	es Ac	quire	d, Di	isposed o	f, or Be	enefici	ally	Owned	l				
Date		2. Transac Date (Month/Da		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)					and 5) Securitie Beneficia Owned F		es ally Following	Form:	Direct Indirect Etr. 4)	7. Nature of ndirect Beneficial Dwnership				
									Code	v	Amount	(A) or (D)	Price		Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock			11/11/2	11/11/2021				S		567	D	\$27.60	)45	5 298,513		I		By Stephen Ashman Revocable Trust		
Common Stock 11/1				11/11/2	2021				S		567	D	\$27.60	.6045		,816		I A	Shari G. Ashman Trust	
Common Stock					Ì									12,882			D			
		7	Table II	l - Deriva (e.a	ative :	Secu calls	rities	s Acq	uired,	, Dis ons.	posed of,	or Ben	eficial urities	lly C	Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	if any		4. Transa Code ( 8)	ction	5. Number tion of		6. Date Exerci Expiration Da (Month/Day/Y		sable and te	7. Title and Amount of Securities Underlying Derivative Sect (Instr. 3 and 4)		8	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transact (Instr. 4)	ve ies ially ng ed ction(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownershi t (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amour or Number of Shares	er						
Stock Options	\$12.38								12/31/20	)18 <sup>(1)</sup>	12/31/2022	Common Stock	2,700	0		2,70	0	D		
Stock Options	\$11.38								12/31/20	)19 <sup>(1)</sup>	12/31/2023	Common Stock	4,800	0		4,80	0	D		
Stock Options	\$14.54								12/30/20	)20 <sup>(1)</sup>	12/30/2024	Common Stock	4,050	0		4,05	0	D		
Stock Options	\$13.89								12/31/20	)21 <sup>(1)</sup>	12/31/2025	Common Stock	3,375	5		3,37	5	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

11/12/2021

\*\* Signature of Reporting Person

Date

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

- $^{\star}$  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.