FORM 4	4
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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).

(Print or Type Perponses)

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 BARRON THOMA	2. Issuer Name a CAPITAL CIT [CCBG]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director10% Owner _X_ Officer (give title below)Other (specify below)						
(Last) P.O. BOX 900	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/04/2013						Treasurer			
TALLAHASSEE, F			4. If Amendment,	I. If Amendment, Date Original Filed(Month/Day/Y					6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of Security (Instr. 3)		Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership	
			(Wohld Day Tear)	Code	v	Amount	(A) or (D)	Price	(insu. 5 and 4)	or Indirect (I) (Instr. 4)		
Common Stock		11/04/2013		S		300	D	\$ 12.33	145,442	D		
Common Stock		11/04/2013		S		100	D	\$ 12.34	145,342	D		
Common Stock		11/04/2013		S		600	D	\$ 12.38	144,742	D		
Common Stock		11/04/2013		S		635	D	\$ 12.32	144,107	D		
Common Stock		11/04/2013		S		1,065	D	\$ 12.26	143,042	D		
Common Stock		11/04/2013		S		300	D	\$ 12.27	142,742	D		
Common Stock									28,906	Ι	Wife - Jane	
Common Stock									5,000	I	Trustee - Elizabetl	
Common Stock									4,500	I	Trustee - Rebecca	
Common Stock									4,000	Ι	Trustee - Anne	
Common Stock									8,549.048	Ι	401(k) Plan	
Common Stock									2,000	I	Trustee - Ellen Mettler Moose Head Ranch Trust	

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

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SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

Security (Instr. 3)	Conversion	Date (Month/Day/Year)	Execution Date, if	Code		Number		and Expiration Date (Month/Day/Year)		Amount of Underlying		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Reporting Owners

	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
BARRON THOMAS A P.O. BOX 900 TALLAHASSEE, FL 32302	Х		Treasurer						

Signatures

/s/ Thomas A. Barron	11/05/2013	
***Signature of Reporting Person	Date	

Explanation of Responses:

* 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.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.