CAPITAL ONE FINANCIAL CORP

Form 4

February 14, 2017

FORM 4

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

OMB Number: 3235-0287

Estimated average

5. Relationship of Reporting Person(s) to

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

burden hours per response... 0.5

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

See Instruction

GROSS PATRICK W			Symbol CAPITAL ONE FINANCIAL CORP [COF]					CORP	(Check all applicable)			
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE			3. Date of Earliest Transaction (Month/Day/Year) 02/10/2017						X Director 10% Owner Officer (give title below) Other (specify below)			
				mendment, Date Original fonth/Day/Year)					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)	2. Transaction Day (Month/Day/Yea	r) Execution any	med on Date, if Day/Year)	Code (Instr. 8)	Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			of (D) Price	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	02/10/2017			M		4,098	A	\$ 74.72	51,937	D		
Common Stock	02/10/2017			M		10,205	A	\$ 47.29	62,142	D		
Common Stock	02/10/2017			M		8,795	A	\$ 16.93	70,937	D		
Common Stock	02/10/2017			M		8,851	A	\$ 53.03	79,788	D		
Common Stock	02/10/2017			M		9,111	A	\$ 54.07	88,899	D		

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Common Stock 02/10/2017 S 41,060 D \$88.5 47,839 D

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)

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. Transactic Code (Instr. 8)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 74.72	02/10/2017		M		4,098	04/26/2008	04/25/2017	Common Stock	4,098
Stock Options	\$ 47.29	02/10/2017		M		10,205	04/24/2009	04/23/2018	Common Stock	10,205
Stock Options	\$ 16.93	02/10/2017		M		8,795	04/23/2010	04/22/2019	Common Stock	8,795
Stock Options	\$ 53.03	02/10/2017		M		8,851	05/11/2012	05/10/2021	Common Stock	8,851
Stock Options	\$ 54.07	02/10/2017		M		9,111	05/08/2013	05/07/2022	Common Stock	9,111

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
GROSS PATRICK W 1680 CAPITAL ONE DRIVE MCLEAN, VA 22102	X						

Date

Signatures

**Signature of Reporting Person

Cleo Belmonte (POA on file) 02/14/2017

Reporting Owners 2

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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).
- (1) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$88.40 to \$88.61. Information regarding the number of shares sold at each price will be provided upon request.

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.