CAPITAL ONE FINANCIAL CORP

Form 4

February 17, 2017

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

0.5

OMB APPROVAL

burden hours per Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

response...

_ Form filed by More than One Reporting

Form 4 or Form 5 obligations

may continue. See Instruction 1(b).

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Berson Jory A	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
	CAPITAL ONE FINANCIAL CORP [COF]	(Check all applicable)		
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE	3. Date of Earliest Transaction (Month/Day/Year) 02/15/2017	Director 10% Owner _X_ Officer (give title Other (specify below) below) Chief Human Resources Officer		
(Street)	4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person		

MCLEAN VA 22102

MCLEAN,	VA 22102						Person	viole than one re-	porting
(City)	(State)	(Zip) Table	e I - Non-D	erivative	Secur	ities Acqı	uired, Disposed o	f, or Beneficiall	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	(Instr. 3,	(A) or	d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
Common Stock	02/15/2017		Code V M	Amount 4,206	(D)	Price \$ 0 (1)	107,539	D	
Common Stock	02/15/2017		M	3,703	A	\$ 0 (1)	111,242	D	
Common Stock	02/15/2017		M	3,120	A	\$ 0 (1)	114,362	D	
Common Stock	02/15/2017		M	9,698	A	\$ 0 (2)	124,060	D	
Common Stock	02/15/2017		D	4,206	D	\$ 88.31 (1)	119,854	D	

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Common Stock	02/15/2017	D	3,703	D	\$ 88.31 (1)	116,151	D	
Common Stock	02/15/2017	D	3,120	D	\$ 88.31 (1)	113,031	D	
Common Stock	02/15/2017	D	9,698	D	\$ 88.31 (2)	103,333	D	
Common Stock	02/15/2017	F(3)	1,602	D	\$ 90.93	101,731	D	
Common Stock	02/15/2017	F(4)	1,516	D	\$ 90.93	100,215	D	
Common Stock	02/15/2017	F(5)	2,430	D	\$ 90.93	97,785	D	
Common Stock						6,597 <u>(6)</u>	I	By 401(k)

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

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(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)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ole and Expiration	7. Title and A Underlying S (Instr. 3 and	Securit
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Shar
2014 Restricted Stock Units	\$ 0 <u>(1)</u>	02/15/2017		M	4,206	<u>(7)</u>	<u>(7)</u>	Common Stock	4,2
2015 Restricted Stock	\$ 0 (1)	02/15/2017		M	3,703	<u>(8)</u>	<u>(8)</u>	Common Stock	3,7

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Units								
2016 Restricted Stock Units	\$ 0 (1)	02/15/2017	M	3,120	<u>(9)</u>	<u>(9)</u>	Common Stock	3,1
Restricted Stock Units	\$ 0 (2)	02/15/2017	M	9,698	02/15/2017(2)	02/15/2017(2)	Common Stock	9,6

Reporting Owners

Reporting Owner Name / Address	Relationships
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Director 10% Owner Officer Other

Berson Jory A 1680 CAPITAL ONE DRIVE MCLEAN, VA 22102

Chief Human Resources Officer

Signatures

Cleo Belmonte (POA on file) 02/17/2017

**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).
- (1) On February 15, 2017 the restricted stock units were settled in cash based on the Company's average fair market value of shares of common stock over the fifteen trading days preceding the vesting date.
- (2) Each restricted stock unit vested on January 1, 2017 and settled in cash on February 15, 2017 based on the Company's average fair market value of the underlying shares of common stock over the fifteen trading days preceding the settlement date.
- (3) Represents the automatic withholding by the issuer to satisfy the reporting person's tax obligation associated with the vesting of restricted stock units granted on January 30, 2014. This is authorized in the applicable restricted stock award agreement.
- (4) Represents the automatic withholding by the issuer to satisfy the reporting person's tax obligation associated with the vesting of restricted stock units granted on January 29, 2015. This is authorized in the applicable restricted stock award agreement.
- (5) Represents the automatic withholding by the issuer to satisfy the reporting person's tax obligation associated with the vesting of restricted stock units granted on February 4, 2016. This is authorized in the applicable restricted stock award agreement.
- (6) Represents the reporting person's equivalent share ownership in the Company's 401(k) Plan, a unitized plan, as of the date of the latest transaction.
- (7) These restricted stock units vest in 1/3 increments beginning on February 15, 2015 and annually thereafter.
- (8) These restricted stock units vest in 1/3 increments beginning on February 15, 2016 and annually thereafter.
- (9) These restricted stock units vest in 1/3 increments beginning on February 15, 2017 and annually thereafter.

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.

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