CAPITAL ONE FINANCIAL CORP

Form 4

February 06, 2017

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

1 4 or 5

Form 5 obligations may continue. See Instruction Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

Common

Stock

(Print or Type Responses)

			2. Issuer Name and Ticker or Trading Symbol CAPITAL ONE FINANCIAL CORP				5. Relationship of Reporting Person(s) to Issuer			
			[COF]				(Check all applicable)			
(Last)	(First) (M	(Iiddle)	3. Date of Earliest Transaction (Month/Day/Year)			DirectorX Officer (given	ve title Oth	Owner er (specify		
1680 CAPITAL ONE DRIVE			02/02/2017				below) Chief Human Resources Officer			
(Street) 4.			4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
Filed(Filed(Mon	Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
MCLEAN, VA 22102										
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	ecurit	ties Acq	quired, Disposed o	of, or Beneficial	lly Owned
1.Title of	2. Transaction Date	2A. Dee	med	3.	4. Securit	ies Ac	quired	5. Amount of	6. Ownership	7. Nature of
Security			on Date, if	, , , ,				Securities Form: Direct Indirect		
(Instr. 3)		any (Month/	Day/Year)	Code (Instr. 8)	(D) (Instr. 3, 4 and 5)		Beneficially (D) or Beneficia Owned Indirect (I) Ownershi			
		(IVIOIIIII)	Day/ I car)	(111311.0)	(111311. 3, -	t ana .)	Following	(Instr. 4)	(Instr. 4)
						(A)		Reported		
						or		Transaction(s)		
				Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock (1)	02/02/2017			A	11,930	A	\$0	103,333 (2)	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)

Ι

 $6,604 \frac{(3)}{}$

By 401(k)

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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. Transaction Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	erivative Date courities (Month/Day/Year) cquired (A) Disposed of o) nstr. 3, 4,		7. Title and Amo Underlying Secur (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	An or Nu of S
2017 Restricted Stock Units	\$ 0 (4)	02/02/2017		A	6,900 (5)	<u>(6)</u>	<u>(6)</u>	Common Stock	6.
Restricted Stock Units	\$ 0 <u>(7)</u>	02/02/2017		A	7,378	02/15/2018(7)	02/15/2018(7)	Common Stock	7,
Stock Options	\$ 86.34	02/02/2017		A	21,316	(8)	02/02/2027	Common Stock	21

Reporting Owners

Reporting Owner Name / Address	Keiauonsnips							
	Director	10% Owner	Officer	Other				
T 4			CI : CII					

Berson Jory A Chief Human
1680 CAPITAL ONE DRIVE Resources
MCLEAN, VA 22102 Officer

Signatures

Cleo Belmonte (POA on file) 02/06/2017

**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) This restricted stock unit award will vest in 1/3 increments beginning on February 15, 2018 and annually thereafter. Each restricted stock unit represents a contingent right to receive one share of Company common stock.
- (2) Includes shares acquired by the reporting person through the Company's Associate Stock Purchase Plan since the last reported transaction
- (3) 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.

(4)

Reporting Owners 2

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Each restricted stock unit will be settled in cash based on the Company's average fair market value of the underlying shares of common stock over the fifteen trading days preceding the vesting date.

- (5) This award is reported net of 258 units automatically withheld by the Company to satisfy the reporting person's tax obligation.
- (6) These restricted stock units will vest in 1/3 increments beginning on February 15, 2018 and annually thereafter.
- (7) Each restricted stock unit will vest on January 1, 2018 and will be settled in cash on February 15, 2018 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.
- (8) This option becomes exercisable in 1/3 increments beginning on February 15, 2018 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.