Leenaars Cornelis PAJ Form 4 January 03, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB APPROVAL OMB

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

SECURITIES Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

Stock (1)

(Print or Type Responses)

1. Name and Address of Reporting Person *Leenaars Cornelis PAJ			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) (M		3. Date of 1 (Month/Da	Earliest Transaction ay/Year)				_X_ Director Officer (giv	re title Oth	6 Owner er (specify	
1680 CAPITAL ONE DRIVE			01/01/2019					below)	below)		
				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							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	2. Transaction Date	2A. Deem	ned	3.	4. Securi			5. Amount of	6. Ownership	7. Nature of	
(Instr. 3) any			on Date, if TransactionAcquired (A) or				Securities Form: Direct Indirect Beneficially (D) or Beneficial				
		(Month/D	av/Year)	Code (Instr. 8)		Disposed of (D) Instr. 3, 4 and 5)		Beneficially Owned	(D) or Indirect (I)	Ownership	
		(Month)	uy/ 1 cur)	(msu. o)	(111501. 5,	i ana	3)	Following	(Instr. 4)	(Instr. 4)	
						(A) or		Reported Transaction(s) (Instr. 3 and 4)			
~				Code V	Amount	(D)	Price	(msure and)			
Common Stock (1)	01/01/2019			A	937	A	\$0	937	D		

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

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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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. onNumber of Derivative Securities Acquired (A) or Disposed of (D)		ate	7. Title Amoun Underly Securiti (Instr. 3	t of ying es	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
				Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title N	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
reporting owner runner runners	Director	10% Owner	Officer	Other			
Leenaars Cornelis PAJ 1680 CAPITAL ONE DRIVE MCLEAN, VA 22102	X						

Signatures

Cleo Belmonte (POA on file) 01/03/2019

**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) Restricted Stock Units which vest in their entirety on January 1, 2020.

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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