## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

FORM 4

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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                      | ss of Reporting Perso | n*       | 2. Issuer Name and Ticker or Trading Symbol<br>CAPITAL ONE FINANCIAL CORP [ COF | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) |   |                       |  |  |  |
|------------------------|-----------------------|----------|---|---|---|-----------------------|--|--|--|
| FAIRBANK RICHARD D     |                       |          |   | X   | Director  | 10% Owner             |  |  |  |
| (Last) (First) (M      |                       | (Middle) |   | X   | Officer (give title<br>below)                   | Other (specify below) |  |  |  |
| 1680 CAPITAL ONE DRIVE |                       |          | 3. Date of Earliest Transaction (Month/Day/Year)<br>11/12/2020                  |   | Chairman, CEO and President                     |                       |  |  |  |
| (Street)               |                       |          | 4. If Amendment, Date of Original Filed (Month/Day/Year)                        | 6. Individual or Joint/Group Filing (Check Applicable Line)             |   |                       |  |  |  |
| MCLEAN                 | VA                    | 22102    |   | X   | Form filed by One Repo                          | Ũ                     |  |  |  |
| (City) (State) (Zip)   |                       |          |   |   | Form filed by More than One Reporting<br>Person |                       |  |  |  |

#### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transa<br>Code (<br>8) |   | 4. Securities Acquired (A) or<br>Disposed Of (D) (Instr. 3, 4 and 5) |               |                               | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|--|---|------------------------------|---|--|---------------|-------------------------------|---|---|---|
|                                 |  |   | Code                         | v | Amount   | (A) or<br>(D) | Price                         | Transaction(s)<br>(Instr. 3 and 4)  |   | (1150.4)  |
| Common Stock <sup>(1)</sup>     | 11/12/2020                                 |   | М                            |   | 40,558   | A             | \$48.28                       | 3,643,783   | D   |   |
| Common Stock <sup>(1)</sup>     | 11/12/2020                                 |   | S                            |   | 25,419   | D             | \$83.32(2)                    | 3,618,364   | D   |   |
| Common Stock <sup>(1)</sup>     | 11/12/2020                                 |   | S                            |   | 5,786  | D             | \$84.07(3)                    | 3,612,578   | D   |   |
| Common Stock <sup>(1)</sup>     | 11/13/2020                                 |   | М                            |   | 40,558   | A             | \$48.28                       | 3,653,136   | D   |   |
| Common Stock <sup>(1)</sup>     | 11/13/2020                                 |   | S                            |   | 25,443   | D             | \$84.96(4)                    | 3,627,693   | D   |   |
| Common Stock <sup>(1)</sup>     | 11/13/2020                                 |   | S                            |   | 5,457  | D             | <b>\$85.46</b> <sup>(5)</sup> | 3,622,236   | D   |   |
| Common Stock <sup>(1)</sup>     | 11/13/2020                                 |   | S                            |   | 150  | D             | \$86.8 <sup>(6)</sup>         | 3,622,086   | D   |   |

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

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | of  |        | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount<br>of Securities<br>Underlying<br>Derivative Security<br>(Instr. 3 and 4) |  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---|---|--|---|------------------------------|---|-----|--------|--|--------------------|---|--|---|--|--|--|
|   |   |  |   | Code                         | v | (A) | (D)    | Date<br>Exercisable  | Expiration<br>Date | Title   | Amount<br>or<br>Number<br>of<br>Shares |   |  |  |  |
| Stock<br>Options <sup>(1)</sup>                     | \$48.28   | 11/12/2020                                 |   | М                            |   |     | 40,558 | 01/26/2014   | 01/25/2021         | Common<br>Stock   | 40,558                                 | \$0   | 40,558   | D  |  |
| Stock<br>Options <sup>(1)</sup>                     | \$48.28   | 11/13/2020                                 |   | М                            |   |     | 40,558 | 01/26/2014   | 01/25/2021         | Common<br>Stock   | 40,558                                 | \$0   | 0  | D  |  |

#### Explanation of Responses:

1. This transaction was executed pursuant to a trading plan entered into by the reporting person on August 12, 2020, in accordance with Rule 10b5-1 of the Securities Exchange Act of 1934, as amended.

2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$82.70 to \$83.69. Information regarding the number of shares sold at each price will be provided upon request.

3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$83.72 to \$84.35. Information regarding the number of shares sold at each price will be provided upon request.

4. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$84.38 to \$85.37. Information regarding the number of shares sold at each price will be provided upon request.

5. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$85.38 to \$85.68. Information regarding the number of shares sold at each price will be provided upon request.

6. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$86.80 to \$86.81. Information regarding the number of shares sold at each price will be provided upon request.

Remarks:

/s/ Cleo Belmonte (POA on

file)

<u>11/16/2020</u> Date

\*\* Signature of Reporting Person

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

 $\ast$  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.

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