FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

nington,	D.C.	20549		

Wastington, D.C. 20049	OMB APPR	OVAL
STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP	OMB Number:	3235-0287
	Estimated average bu	rden

hours per response

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

Instruction 1(b). Filed					ant to Section 16(a) ection 30(h) of the li				934		por respective		
1. Name and Address of Reporting Person* <u>Dean Lia</u>					suer Name and Tick PITAL ONE					ationship of Reportir call applicable) Director Officer (give title	10% C		
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE					ate of Earliest Trans	action (Month	n/Day/Year)	^	Pres, Banking &	below)		
(Street) MCLEAN VA 22102					Amendment, Date o	of Origin	al File	d (Month/Day	6. Indiv Line)	ividual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.								ended to			
	Tal	ole I - No	n-Derivat	ive S	Securities Acq	uired	, Dis	posed of,	or Be	neficially	Owned		
Date		2. Transaction Date (Month/Day/		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
							v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(
Common Stock 02/15/2				24		F ⁽¹⁾		939	D	\$136.36	65,148	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 5. Number 6. Date Exercisable and 7. Title and 10. 3. Transaction 3A. Deemed 8. Price of 9. Number of

F(2)

F⁽³⁾

1.006

1.523

D

D

\$136.36

\$136.36

64,142

62,619

D

D

11. Nature

Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)		Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration Date (Month/Day/Year)		Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Form: Direct (D)	of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

Common Stock

Common Stock

1. Title of 2.

- 1. 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, 2021. This is authorized in the applicable restricted stock award agreement
- 2. 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 3, 2022. This is authorized in the applicable restricted stock award agreement.
- 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 26, 2023. This is authorized in the applicable restricted stock award agreement.

Remarks:

/s/ Jason S. Frank (POA on 02/20/2024 file)

** Signature of Reporting Person Date

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

- * 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).

02/15/2024

02/15/2024

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.