

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001238032  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer Capital One Financial Corporation  
SEC File Number 001-13300  
Address of Issuer 1680 Capital One Drive  
McLean  
VIRGINIA  
22102  
Phone 877-383-4802  
Name of Person for Whose Account the Securities are To Be Sold Richard D. Fairbank

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Director and Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	BNY Mellon Securities Corporation 133 Glenn Curtiss Boulevard Uniondale NY 11556	3015	404225.57	381856146	08/08/2024	NYSE
Common Stock	UBS Financial Services / The Finnerty Group 1501 K Street NW, #1100 Washington DC 20005	1058	201488	381856146	08/14/2024	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

# 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
Common Stock	02/17/2009	Equity award issuances by Capital One Financial Corporation		<input checked="" type="checkbox"/>	05/03/2021	3015		Cashless exercise of vested options
Common Stock	02/17/2009	Equity award issuances by Capital One Financial Corporation		<input checked="" type="checkbox"/>	05/03/2021	1508		Cashless exercise of vested options

\* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

# 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Stanford University 450 Jane Stanford Way Stanford CA 94305	Common	08/08/2024	3015	404225.57
Georgetown University 2115 Wisconsin Avenue NW, Suite 500 Washington DC 20007	Common	08/14/2024	1058	201488

# 144: Remarks and Signature

Remarks Richard Fairbank, who had beneficial ownership under Section 13 of certain shares of common stock donated to, and held by the Fairbank Foundation, donated via the Fairbank Foundation, 3,015 shares to Stanford University, and 1,058 shares to Georgetown University on August 7, 2024, which were subsequently sold by Stanford University and Georgetown University on the dates and quantities stated herein.

Date of Notice 08/29/2024

## ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Jason Frank (PoA on file)

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**