FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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).

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. Name and Address	1 0		2. Issuer Name and Ticker or Trading Symbol <u>DYNEX CAPITAL INC</u> [DX]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
				X	Director	10% Owner			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)		Officer (give title below)	Other (specify below)			
C/O DYNEX CAI	PITAL, INC.		03/17/2020						
4991 LAKE BRO	OK DRIVE, SUITE	100							
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	dual or Joint/Group Filing (Che	eck Applicable Line)			
GLEN ALLEN	VA	23060		X	Form filed by One Reporting Form filed by More than One	-			
(City)	(State)	(Zip)							

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)		(Instr. 4)
Common Stock	03/17/2020		Р		64,399	Α	\$ 11.6367 ⁽¹⁾	174,162 ⁽²⁾	D	
Common Stock	03/17/2020		Р		36,831	Α	\$ 11.2332 ⁽³⁾	37,212 ⁽⁴⁾	Ι	By spouse
Series C Preferred Stock ⁽⁵⁾	03/17/2020		Р		1,133	Α	\$17.6378	1,133	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

Deriv	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)	· ,		Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security	derivative Securities Beneficially Owned Following Reported	Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		

Explanation of Responses:

1. The price reported in Column 4 is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$11.3892 to \$11.7991, inclusive. The reporting person undertakes to provide to Dynex. Capital, Inc. ("Dynex"), any security holder of Dynex, or the staff of the Securities and Exchange Commission (the "SEC"), upon request, full information regarding the number of shares purchased at each separate price within the range set forth in this footnote.

2. On June 20, 2019, the common stock of Dynex Capital, Inc. split 1-for-3 (the "Reverse Stock Split"), reducing the reporting person's directly owned shares of common stock by 219,533 shares.

3. The price reported in Column 4 is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$11.11 to \$11.3892, inclusive. The reporting person undertakes to provide to Dynex, any security holder of Dynex, or the staff of the SEC, upon request, full information regarding the number of shares purchased at each separate price within the range set forth in this footnote.

4. The Reverse Stock Split reduced the reporting person's indirectly owned by spouse shares of common stock by 762 shares.

5. The full name of the Series C Preferred Stock is "6.900% Series C Fixed-to-Floating Rate Cumulative Redeemable Preferred Stock."

Remarks:

Alison G. Griffin, as attorney-in-03/18/2020

** Signature of Reporting Person

fact

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).

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.