FORM 4

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL	OWNERSHIP
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b). or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Issuer 1. Name and Address of Reporting Person' (Check all applicable) BlackRock Capital Investment Corp [BKCC] Keenan James Director 10% Owner Officer (give title Other (specify Х Х below) below) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Interim CEO / Chairman of the Board 01/31/2020 40 EAST 52ND STREET (Street) 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) NEW YORK 10022 NY Form filed by One Reporting Person X 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 Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (I		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 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	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	01/31/2020		М		110,673.49	A	(1)(2)(3)(4)	231,952.49	D	
Common Stock	01/31/2020		D		110,673.49	D	\$4.98(1)(2)(3)(4)	121,279	D	

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

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. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following	10. Ownership Form: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	Security			Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Reported Transaction(s) (Instr. 4)	(I) (Instr. 4)	
Phantom Shares	(1)(5)	01/31/2020		Α		80,421.69		(1)(5)	(1)(5)	Common Stock	80,421.69	\$0.00	80,421.69	D	
Phantom Shares	(1)(2)	01/31/2020		М			28,916.77	(1)(5)	(1)(2)	Common Stock	28,916.77	(1)(2)	57,833.54	D	
Phantom Shares	(1)(3)	01/31/2020		М			34,967.41	(1)(3)	(1)(3)	Common Stock	34,967.41	(1)(3)	34,967.41	D	
Phantom Shares	(1)(4)	01/31/2020		М			46,789.31	(1)(4)	(1)(4)	Common Stock	46,789.31	(1)(4)	0	D	

Explanation of Responses:

1. A phantom share is the economic equivalent of one share of common stock and, subject to the applicable vesting requirements, becomes payable in cash.

2. As previously reported on a Form 4 dated February 4, 2019, the Reporting Person was granted phantom shares on January 31, 2019 payable in cash on vesting, which occurs in equal installments on each of the first three anniversaries of the grant date

3. As previously reported on a Form 4 dated February 2, 2018, the Reporting Person was granted phantom shares on January 31, 2018 payable in cash on vesting, which occurs in equal installments on each of the first three saries of the grant date

4. As previously reported on a Form 4 dated February 27, 2017, the Reporting Person was granted phantom shares on January 31, 2017 payable in cash on vesting, which occurs in equal installments on each of the first three anniversaries of the grant date

5. These phantom shares vest in equal installments on each of the first three anniversaries of the award

Remarks:

/s/ Laurence D. Paredes as

Attorney-in-Fact

** Signature of Reporting Person

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.

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02/03/2020 Date