UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): August 3, 2016 (August 3, 2016)

Triangle Capital Corporation

(Exact name of registrant as specified in its charter)

Maryland	814-00733	06-1798488							
(State or Other Jurisdiction of Incorporation)	(Commission File Number)	(IRS Employer Identification No.)							
3700 Glenwood Avenue, S	Suite 530, Raleigh, North Carolina	27612							
(Address of Pri	(Zip Code)								
Registran	t's telephone number, including area code: (919) 7	19-4770							
(Fo	Not Applicable ormer name or former address, if changed since last report.)								
the appropriate box below if the Forn f the following provisions:	n 8-K filing is intended to simultaneously satisfy the f	iling obligation of the registrant under							
Written communications pursuant to	Rule 425 under the Securities Act (17 CFR 230.425))							
Soliciting material pursuant to Rule	14a-12 under the Exchange Act (17 CFR 240.14a-12)							
Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))									
Pre-commencement communication	s pursuant to Rule 13e-4(c) under the Exchange Act ((17 CFR 240.13e-4(c))							

Item 2.02. Results of Operations and Financial Condition.

On August 3, 2016, Triangle Capital Corporation (the "Company") issued a press release announcing its financial results for the quarter ended June 30, 2016. A copy of the press release is furnished as Exhibit 99.1 to this Current Report on Form 8-K and is incorporated herein by reference.

The information in these Items 2.02 and 7.01 of Form 8-K, and Exhibit 99.1 attached hereto, are being furnished by the Company in satisfaction of the public disclosure requirements of Regulation FD and Item 2.02 of Form 8-K, insofar as they disclose historical information regarding the Company's results of operations or financial condition as of and for the quarter ended June 30, 2016.

In accordance with General Instructions B.2 and B.6 of Form 8-K, the information included in these Items 2.02 and 7.01, and Exhibit 99.1, shall not be deemed to be "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that Section, nor shall such information be deemed incorporated by reference into any filing made by the Company under the Exchange Act or the Securities Act of 1933, as amended.

Item 7.01. Regulation FD Disclosure.

The disclosure contained in Item 2.02 is incorporated herein by reference.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

The following exhibit 99.1 is being furnished herewith to this Current Report on Form 8-K:

Exhibit

No. Description

99.1 Press Release dated August 3, 2016 of the Company

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Triangle Capital Corporation

Date: August 3, 2016 By: /s/ Steven C. Lilly

Steven C. Lilly

Chief Financial Officer

EXHIBIT INDEX

Exhibit No. Description

99.1 Press Release dated August 3, 2016 of the Company

3700 Glenwood Ave., Ste. 530 Raleigh, NC 27612



TRIANGLE CAPITAL CORPORATION REPORTS SECOND QUARTER 2016 RESULTS

RALEIGH, NC - August 3, 2016, Triangle Capital Corporation (NYSE: TCAP) ("Triangle" or the "Company"), a leading provider of capital to lower middle market companies, today announced its financial and operating results for the second quarter of 2016.

Highlights

- Total Investment Portfolio: \$930.8 million
- Total Net Assets (Equity): \$498.3 million
 - \$617.9 million including proceeds from July, 2016 equity offering
- Net Asset Value Per Share (Book Value): \$14.82
- Weighted Average Yield on Debt Investments: 12.3%
- Efficiency Ratio (G&A Expenses/Total Investment Income): 18.7%
- Investment Portfolio Activity for the Quarter Ended June 30, 2016
 - Cost of investments made during the period: \$63.6 million
 - Principal repayments (excluding PIK interest repayments) during the period: \$59.6 million
 - Proceeds related to the sale of equity investments during the period: \$6.3 million
- Non-Accrual Assets as a Percentage of Total Portfolio Cost and Fair Value: 5.6% and 2.2%, respectively
- Financial Results for the Quarter Ended June 30, 2016
 - Total investment income: \$28.4 million
 - Net investment income: \$16.3 million
 - Net investment income per share: \$0.49
 - Net realized gains: \$3.9 million
 - Net increase in net assets resulting from operations: \$6.7 million
 - Net increase in net assets resulting from operations per share: \$0.20

In commenting on the Company's second quarter investment activity and near- to medium-term outlook, E. Ashton Poole, President and CEO, stated, "Second quarter investment activity was highlighted by three new platform investments as well as a marked improvement in our investment pipeline. After a seasonally slow start of the year we have recently experienced a significant increase in the quantity and quality of our investment pipeline. This increased activity was the primary impetus for our recent equity offering, the proceeds of which will provide the foundation for Triangle's investment activity over the next two to three quarters."

Second Quarter 2016 Results

Total investment income during the second quarter of 2016 was \$28.4 million, compared to total investment income of \$27.8 million for the second quarter of 2015, representing an increase of 2.1%. The increase in investment income was primarily attributable to a \$0.3 million increase in non-recurring fee income and a \$0.3 million increase in non-recurring dividend income.

Net investment income during the second quarter of 2016 was \$16.3 million, compared to net investment income of \$16.2 million for the second quarter of 2015, representing an increase of 1.1%. Net investment income per share during the second quarter of 2016 was \$0.49, based on weighted average shares outstanding during the quarter of 33.6 million,



compared to \$0.49 per share during the second quarter of 2015, based on weighted average shares outstanding of 33.2 million.

The Company's net increase in net assets resulting from operations was \$6.7 million during the second quarter of 2016, compared to a \$12.2 million increase during the second quarter of 2015. The Company's net increase in net assets resulting from operations was \$0.20 per share during the second quarter of 2016, based on weighted average shares outstanding of 33.6 million, compared to a net increase in net assets resulting from operations of \$0.37 per share during the second quarter of 2015, based on weighted average shares outstanding of 33.2 million.

The Company's net asset value, or NAV, at June 30, 2016, was \$14.82 per share as compared to \$15.23 per share at December 31, 2015. As of June 30, 2016, the Company's weighted average yield on its outstanding, currently yielding debt investments was approximately 12.3%.

Liquidity and Capital Resources

Commenting on the Company's liquidity position, Steven C. Lilly, Chief Financial Officer, stated, "Triangle further strengthened its balance sheet and liquidity position in recent months with the issuance of additional SBA-guaranteed debentures, including \$25 million under the recently passed SBA expansion legislation, and approximately \$120 million of net proceeds from our July equity offering. Including the effects of the equity offering, we have over \$390 million of available liquidity to support new investment opportunities."

At June 30, 2016, the Company had cash and cash equivalents totaling \$124.9 million and \$147.9 million of remaining borrowing capacity under its \$300.0 million senior credit facility.

In June, 2016, the Company borrowed \$32.8 million in SBA-guaranteed debentures, including \$25.0 million pursuant to recently-enacted legislation which increased the maximum total debenture limit for SBICs under common control. As of June 30, 2016, the Company had outstanding SBA-guaranteed debentures totaling \$250.0 million.

On July 29, 2016, the Company closed a public offering of 6.25 million shares of common stock with net proceeds of approximately \$119.6 million. The underwriters have been granted an option, exercisable until August 25, 2016, to purchase up to 937,500 additional shares of common stock to cover overallotments, if any.

Dividend Information

On May 4, 2016, Triangle announced that its board of directors had declared a cash dividend of \$0.45 per share. This was the Company's 38th consecutive quarterly dividend since its initial public offering in February, 2007. The record date for the dividend was June 8, 2016, and the payment date was June 22, 2016.

Recent Portfolio Activity

During the quarter ended June 30, 2016, the Company made three new investments totaling approximately \$46.3 million, debt investments in five existing portfolio companies totaling \$15.8 million and equity investments in seven existing portfolio companies totaling \$1.6 million. The Company had four portfolio company loans repaid at par totaling \$48.2 million and received normal principal repayments and partial loan prepayments totaling \$11.3 million. The Company wrote-off an equity investment in one portfolio company and recognized a realized loss on the write-off of \$2.0 million. In addition, the Company received proceeds related to the sales of certain equity securities totaling \$6.3 million and recognized net realized gains on such sales totaling \$5.9 million.

New portfolio investments which occurred during the second quarter of 2016 are summarized as follows:

In April, 2016, the Company made a \$12.9 million investment in Halo Branded Solutions ("Halo") consisting of subordinated debt and equity. Halo is a supply chain service provider in the promotional products industry.

In April, 2016, the Company made a \$12.5 million subordinated debt investment in TK USA Enterprises, Inc. ("TK"). TK is a leading manufacturer of decorative hardware for the professional market.

In May, 2016, the Company made a \$20.9 million investment in Travelpro Products, Inc. and TP - Holiday Group Limited (collectively, "Travelpro") consisting of second lien debt and equity. Travelpro is a marketer and supplier of luggage, assorted bags, and travel accessories sold predominantly in the United States and Canada.

Conference Call to Discuss Second Quarter 2016 Results

Triangle has scheduled a conference call to discuss second quarter 2016 operating and financial results for Thursday, August 4, 2016, at 9:00 a.m. (Eastern Time).

To listen to the call, please dial 877-312-5521 or 253-237-1143 approximately 10 minutes prior to the start of the call. A taped replay will be made available approximately two hours after the conclusion of the call and will remain available until August 8, 2016. To access the replay, please dial 855-859-2056 or 404-537-3406 and enter the passcode 45062595.

Triangle's quarterly results conference call will also be available via a live webcast on the investor relations section of its website at http://ir.tcap.com/events.cfm. Access the website 15 minutes prior to the start of the call to download and install any necessary audio software. An archived webcast replay will be available on the Company's website until August 31, 2016.

Triangle will post a brief, pre-recorded on-demand podcast on the investor relations section of the Company's website after 4:00 p.m. (Eastern Time) on Wednesday, August 3, 2016, in conjunction with the filing of Triangle's Form 10-Q. The purpose of the podcast is to provide interested analysts and investors with meaningful statistical and financial information in advance of the participatory earnings call on Thursday, August 4, 2016, at 9:00 a.m. (Eastern Time).

About Triangle Capital Corporation

Triangle Capital Corporation (www.TCAP.com) invests capital in established companies in the lower middle market to fund growth, changes of control and other corporate events. Triangle offers a wide variety of investment structures with a primary focus on mezzanine financing with equity components. Triangle's investment objective is to seek attractive returns by generating current income from debt investments and capital appreciation from equity related investments. Triangle's investment philosophy is to partner with business owners, management teams and financial sponsors to provide flexible financing solutions. Triangle typically invests \$5.0 million - \$35.0 million per transaction in companies with annual revenues between \$20.0 million and \$200.0 million and EBITDA between \$3.0 million and \$35.0 million

Triangle has elected to be treated as a business development company under the Investment Company Act of 1940 ("1940 Act"). Triangle is required to comply with a series of regulatory requirements under the 1940 Act as well as applicable NYSE, federal and state laws and regulations. Triangle has elected to be treated as a regulated investment company under the Internal Revenue Code of 1986. Failure to comply with any of the laws and regulations that apply to Triangle could have a material adverse effect on Triangle and its stockholders.

Forward Looking Statements

This press release may contain forward looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Any such statements, other than statements of historical fact, are likely to be affected by other unknowable future events and conditions, including elements of the future that are or are not under the Company's control, and that the Company may or may not have considered; accordingly, such statements cannot be guarantees or assurances of any aspect of future performance. Actual developments and results are highly likely to vary materially from these estimates and projections of the future and some of these uncertainties are enumerated in Triangle's filings with the Securities and Exchange Commission. Certain factors that could cause actual results to differ materially from those contained in the forward-looking statements are included in our annual reports on Form 10-K, quarterly reports on Form 10-Q and current reports on Form 8-K, each as filed with the Securities and Exchange Commission. Copies are available on the SEC's website at www.sec.gov and stockholders may receive a hard copy of the completed audited financial statements free of charge upon request to the Company at 3700 Glenwood Avenue, Suite 530, Raleigh, NC 27612. Such statements speak only as of the time when made, and the Company undertakes no obligation to update any such statement now or in the future.

Contacts

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Steven C. Lilly Chief Financial Officer 919-719-4789 slilly@tcap.com

TRIANGLE CAPITAL CORPORATION Consolidated Balance Sheets

	June 30, 2016			December 31, 2015		
		(Unaudited)				
Assets:						
Investments at fair value:						
Non-Control / Non-Affiliate investments (cost of \$750,833,116 and \$795,244,907 as of June 30, 2016 and December 31, 2015, respectively)	\$	717,643,399	\$	774,238,518		
Affiliate investments (cost of \$175,702,230 and \$171,486,103 as of June 30, 2016 and December 31, 2015, respectively)		183,475,354		177,581,965		
Control investments (cost of \$44,418,113 and \$40,618,113 as of June 30, 2016 and December 31, 2015, respectively)		29,704,233		25,456,233		
Total investments at fair value		930,822,986		977,276,716		
Cash and cash equivalents		124,929,733		52,615,418		
Interest, fees and other receivables		9,425,610		4,892,146		
Prepaid expenses and other current assets		1,903,714		947,068		
Deferred financing fees		3,093,052		3,480,444		
Property and equipment, net		119,520		105,698		
Total assets	\$	1,070,294,615	\$	1,039,317,490		
Liabilities:						
Accounts payable and accrued liabilities	\$	3,374,178	\$	7,463,514		
Interest payable		3,841,477		3,714,470		
Taxes payable		_		735,498		
Deferred income taxes		5,375,894		4,988,317		
Borrowings under credit facility		152,070,309		131,256,669		
Notes		162,444,085		162,142,478		
SBA-guaranteed debentures payable		244,938,000		220,648,789		
Total liabilities		572,043,943		530,949,735		
Commitments and contingencies		, ,		, ,		
Net Assets:						
Common stock, \$0.001 par value per share (150,000,000 shares authorized, 33,630,195 and 33,375,126 shares issued and outstanding as of June 30, 2016 and December 31, 2015,						
respectively)		33,630		33,375		
Additional paid-in capital		553,234,755		549,242,439		
Investment income in excess of distributions		8,851,309		16,127,141		
Accumulated realized losses		(21,289,719)		(25,813,329)		
Net unrealized depreciation		(42,579,303)		(31,221,871)		
Total net assets		498,250,672		508,367,755		
Total liabilities and net assets	\$	1,070,294,615	\$	1,039,317,490		
Net asset value per share	\$	14.82	\$	15.23		

TRIANGLE CAPITAL CORPORATION Unaudited Consolidated Statements of Operations

	7	Three Months Ended June 30, 2016	Ended En June 30, June		Six Months Ended June 30, 2016	nded Ended Let 30, June 30,		
Investment income:								
Interest income:								
Non-Control / Non-Affiliate investments	\$	17,486,022	\$	16,982,885	\$	35,668,676	\$	33,941,585
Affiliate investments		3,356,738		4,199,380		6,741,107		8,390,729
Control investments		267,298		49,481		460,914		49,481
Total interest income		21,110,058		21,231,746		42,870,697		42,381,795
Dividend income:								
Non-Control / Non-Affiliate investments		48,589		45,689		(1,198,171)		1,634,394
Affiliate investments		302,207		281,369		462,262		537,622
Control investments		300,000				300,000		
Total dividend income		650,796		327,058		(435,909)		2,172,016
Fee and other income:								
Non-Control / Non-Affiliate investments		2,452,792		835,092		4,076,678		4,072,438
Affiliate investments		226,551		1,500,096		536,566		1,997,053
Control investments		100,000		100,000		200,000		200,000
Total fee and other income		2,779,343		2,435,188		4,813,244		6,269,491
Payment-in-kind interest income:								
Non-Control / Non-Affiliate investments		2,731,689		2,613,528		5,653,293		5,341,851
Affiliate investments		1,094,522		1,150,008		2,083,735		2,319,009
Total payment-in-kind interest income		3,826,211		3,763,536		7,737,028		7,660,860
Interest income from cash and cash equivalents		55,452		67,376		92,670		120,312
Total investment income		28,421,860		27,824,904		55,077,730		58,604,474
Operating expenses:								
Interest and other financing fees		6,764,654		7,325,340		13,283,224		13,757,795
Compensation expenses		4,096,472		3,516,492		13,546,965		8,925,115
General and administrative expenses		1,221,821		816,887		2,310,545		1,985,800
Total operating expenses		12,082,947		11,658,719		29,140,734		24,668,710
Net investment income		16,338,913		16,166,185		25,936,996		33,935,764
Realized and unrealized gains (losses) on investments and								
foreign currency borrowings:								
Net realized gains (losses):								
Non-Control / Non-Affiliate investments		5,621,127		3,178,433		6,205,914		6,415,102
Affiliate investments		(1,683,731)		238,806		(1,682,304)		266,508
Control investments				(20,483,644)				(20,483,644)
Net realized gains (losses)		3,937,396		(17,066,405)		4,523,610		(13,802,034)
Net unrealized appreciation (depreciation):								
Investments		(13,529,964)		14,782,147		(10,445,641)		1,066,307
Foreign currency borrowings		(59,268)		(312,322)		(911,791)		861,385
Net unrealized appreciation (depreciation)		(13,589,232)		14,469,825		(11,357,432)		1,927,692
Net realized and unrealized losses on investments and foreign								
currency borrowings		(9,651,836)		(2,596,580)		(6,833,822)		(11,874,342)
Loss on extinguishment of debt		_		(1,394,017)		_		(1,394,017)
Benefit (provision) for taxes		(250)			_	10,911	_	(137,875)
Net increase in net assets resulting from operations	\$	6,686,827	\$	12,175,588	\$	19,114,085	\$	20,529,530
Net investment income per share—basic and diluted	\$	0.49	\$	0.49	\$	0.77	\$	1.02
Net increase in net assets resulting from operations per share—								
basic and diluted	\$	0.20	\$	0.37	\$	0.57	\$	0.62
Dividends/distributions per share:								
Regular quarterly dividends/distributions	\$	0.45	\$	0.54	\$	0.99	\$	1.08
Supplemental dividends/distributions		_		0.05		_		0.10
Total dividends/distributions per share	\$	0.45	\$	0.59	\$	0.99	\$	1.18
Weighted average shares outstanding—basic and diluted		33,584,466		33,234,532		33,532,406		33,166,865

TRIANGLE CAPITAL CORPORATION Unaudited Consolidated Statements of Cash Flows

	Six Months Ended June 30, 2016			Six Months Ended June 30, 2015	
Cash flows from operating activities:					
Net increase in net assets resulting from operations	\$	19,114,085	\$	20,529,530	
Adjustments to reconcile net increase in net assets resulting from operations to net cash provided by operating activities:					
Purchases of portfolio investments		(75,444,437)		(163,270,565)	
Repayments received/sales of portfolio investments		119,484,196		154,211,535	
Loan origination and other fees received		1,622,991		2,819,164	
Net realized loss (gain) on investments		(4,523,610)		13,802,034	
Net unrealized depreciation (appreciation) on investments		10,058,066		(1,820,140)	
Net unrealized depreciation (appreciation) on foreign currency borrowings		911,791		(861,385)	
Deferred income taxes		387,577		753,833	
Payment-in-kind interest accrued, net of payments received		(1,993,156)		23,501	
Amortization of deferred financing fees		1,069,711		1,107,207	
Loss on extinguishment of debt		1,000,711		1,394,017	
Accretion of loan origination and other fees		(2,550,623)		(3,202,668)	
Accretion of loan discounts		(199,697)		(238,229)	
Accretion of loan discounts Accretion of discount on SBA-guaranteed debentures payable		31,899		92,784	
Depreciation expense		33,432		29,225	
Stock-based compensation		5,886,490		3,412,181	
Changes in operating assets and liabilities:		3,860,490		3,412,161	
Interest, fees and other receivables					
interest, rees and other receivables		(4,533,464)		574,544	
Prepaid expenses and other current assets		(956,646)		(207,411)	
Accounts payable and accrued liabilities		(4,089,336)		(3,726,899)	
Interest payable		127,007		212,193	
Taxes payable		(735,498)		(2,451,879)	
Payable from unsettled transaction				16,961,500	
Net cash provided by operating activities		63,700,778		40,144,072	
Cash flows from investing activities:					
Purchases of property and equipment		(47,254)		(37,091)	
Net cash used in investing activities		(47,254)		(37,091)	
Cash flows from financing activities:					
Borrowings under SBA-guaranteed debentures payable		32,800,000		_	
Repayments of SBA-guaranteed debentures payable		(7,800,000)		_	
Borrowings under credit facility		68,901,849		83,000,000	
Repayments of credit facility		(49,000,000)		(56,000,000)	
Proceeds from notes		_		83,372,640	
Redemption of notes		_		(69,000,000)	
Financing fees paid		(1,123,400)		(2,740,049)	
Net expenses related to public offering of common stock		(1,120,100)		(54,967)	
Common stock withheld for payroll taxes upon vesting of restricted stock		(3,484,074)		(2,400,352)	
Cash dividends/distributions paid		(31,633,584)		(37,496,240)	
Net cash provided by (used in) financing activities		8,660,791	_	(1,318,968)	
Net increase in cash and cash equivalents	_	72,314,315	_	38,788,013	
Cash and cash equivalents, beginning of period		52,615,418		78,759,026	
Cash and cash equivalents, beginning of period Cash and cash equivalents, end of period	©		•		
	\$	124,929,733	\$	117,547,039	
Supplemental disclosure of cash flow information:	Ф	11 (25 702	¢.	11 (72 774	
Cash paid for interest	\$	11,625,782	\$	11,673,774	
Summary of non-cash financing transactions:					
Dividends/distributions paid through DRIP share issuances	\$	1,590,155	\$	1,695,423	