CAPITAL ONE FINANCIAL CORP

Form 4 March 07, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940

See Instruction 1(b).

(Print or Type Responses)

1. Name and Add FAIRBANK R	•	_	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
			CAPITAL ONE FINANCIAL CORP [COF]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)	_X_ Director 10% Owner _X_ Officer (give title Other (specify		
1680 CAPITAL ONE DRIVE			03/03/2005	below) below) Chairman, CEO and President		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person		
MCLEAN, VA 22102				Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative S	ecurit	ies Acqui	red, Disposed of	or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired (A) Transactiomr Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock (1)	03/03/2005		M	122,900	A		1,028,286	D	
Common Stock (1)	03/03/2005		S	35,100	D	\$ 77.25	993,186	D	
Common Stock (1)	03/03/2005		S	4,100	D	\$ 77.26	989,086	D	
Common Stock (1)	03/03/2005		S	900	D	\$ 77.27	988,186	D	
Common Stock (1)	03/03/2005		S	700	D	\$ 77.28	987,486	D	

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Common Stock (1)	03/03/2005	S	3,100	D	\$ 77.29	984,386	D	
Common Stock (1)	03/03/2005	S	2,100	D	\$ 77.3	982,286	D	
Common Stock (1)	03/03/2005	S	1,700	D	\$ 77.31	980,586	D	
Common Stock (1)	03/03/2005	S	3,400	D	\$ 77.32	977,186	D	
Common Stock (1)	03/03/2005	S	1,400	D	\$ 77.35	975,786	D	
Common Stock (1)	03/03/2005	S	700	D	\$ 77.36	975,086	D	
Common Stock (1)	03/03/2005	S	800	D	\$ 77.37	974,286	D	
Common Stock (1)	03/03/2005	S	100	D	\$ 77.38	974,186	D	
Common Stock (1)	03/03/2005	S	2,600	D	\$ 77.39	971,586	D	
Common Stock (1)	03/03/2005	S	2,200	D	\$ 77.4	969,386	D	
Common Stock (1)	03/03/2005	S	400	D	\$ 77.33	968,986	D	
Common Stock (1)	03/03/2005	S	900	D	\$ 77.43	968,086	D	
Common Stock (1)	03/03/2005	S	500	D	\$ 77.44	967,586	D	
Common Stock (1)	03/03/2005	S	200	D	\$ 77.47	967,386	D	
Common Stock						107,502	I	By Fairbank Morris Inc.

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

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SEC 1474 (9-02)

 $\label{thm:convertible} \textbf{Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned} \\ \textit{(e.g., puts, calls, warrants, options, convertible securities)}$

1. Title of	2.	3. Transaction Date	3A. Deemed	4. 5. Nu	umber of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionDeriv	vative	Expiration Date	Underlying Securities

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Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr.	8)	Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Year)	(Instr. 3 and 4)		
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Employee Stock Option (Right to Buy)	\$ 9.73	03/03/2005		M			122,900	(2)	09/15/2005	Common Stock	122,90

Reporting Owners

Reporting Owner Name / Address	Relationships							
. 9	Director	10% Owner	Officer	Other				
FAIRBANK RICHARD D 1680 CAPITAL ONE DRIVE MCLEAN, VA 22102	X		Chairman, CEO and President					

Signatures

By: Polly A. Nyquist (POA on File)

03/07/2005

**Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- (1) This transaction was executed pursuant to a trading plan entered into by the Reporting Person on November 12, 2004 in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.
 - This option is fully vested. The option vested in 1997 and 1998 in accordance with the following schedule: 50% vested when the trading price of the Common Stock equaled or exceeded \$37.50 for at least 10 business days within any period of 30 consecutive days; 25%
- (2) when the trading price of the Common Stock equaled or exceeded \$43.75 for at least 10 business days within any period of 30 consecutive days; and the remaining 25% when the trading price of the Common Stock equaled or exceeded \$50.00 for 10 business days within any period of 30 consecutive days.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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