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CAPITAL ONE FINANCIAL CORP Form 4 November 15, 2004 OMB APPROVAL FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB 3235-0287 Washington, D.C. 20549 Number: Check this box January 31, Expires: if no longer 2005 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to Estimated average **SECURITIES** Section 16. burden hours per Form 4 or response... 0.5 Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations 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 Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading FAIRBANK RICHARD D Issuer Symbol CAPITAL ONE FINANCIAL CORP (Check all applicable) [COF] 3. Date of Earliest Transaction __X__ Director (Last) (First) (Middle) 10% Owner X_Officer (give title Other (specify (Month/Day/Year) below) below) **1680 CAPITAL ONE DRIVE** 11/11/2004 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 Form filed by More than One Reporting **MCLEAN, VA 22102** Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 3. 4. Securities Acquired (A) 5. Amount of 6. 7. Nature of Security (Month/Day/Year) Execution Date, if Transaction Disposed of (D) Securities Ownership Indirect (Instr. 3) any Code (Instr. 3, 4 and 5) Beneficially Form: Beneficial Ownership (Month/Day/Year) Owned Direct (D) (Instr. 8) Following or Indirect (Instr. 4) Reported (\mathbf{I}) (A) Transaction(s) (Instr. 4) or (Instr. 3 and 4) Code V Amount (D) Price Common S 11/11/2004 Μ 71,342 Α 721,840 D Stock (1) 47.84 Common 11/11/2004 104,206 826,046 D Μ А 66.79 Stock (1) Common 11/11/2004 S 3,300 D \$78.5 822,746 D Stock (1) Common D 11/11/2004 S 800 821.946 D 78.51 Stock (1) Common 11/11/2004 S 13,100 D 808,846 D 78 53 Stock (1)

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Common Stock (1)	11/11/2004	S	4,500	D	\$ 78.58	804,346	D
Common Stock (1)	11/11/2004	S	1,300	D	\$ 78.65	803,046	D
Common Stock (1)	11/11/2004	S	800	D	\$ 78.72	802,246	D
Common Stock (1)	11/11/2004	S	2,400	D	\$ 78.76	799,846	D
Common Stock (1)	11/11/2004	S	900	D	\$ 78.77	798,946	D
Common Stock (1)	11/11/2004	S	2,200	D	\$ 78.78	796,746	D
Common Stock (1)	11/11/2004	S	200	D	\$ 78.79	796,546	D
Common Stock (1)	11/11/2004	S	4,300	D	\$ 78.8	792,246	D
Common Stock (1)	11/11/2004	S	100	D	\$ 78.87	792,146	D
Common Stock (1)	11/11/2004	S	100	D	\$ 78.88	792,046	D
Common Stock (1)	11/11/2004	S	1,300	D	\$ 78.89	790,746	D
Common Stock (1)	11/11/2004	S	700	D	\$ 78.9	790,046	D
Common Stock (1)	11/11/2004	S	1,300	D	\$ 78.91	788,746	D
Common Stock (1)	11/11/2004	S	6,000	D	\$ 78.92	782,746	D
Common Stock (1)	11/11/2004	S	1,400	D	\$ 78.93	781,346	D
Common Stock (1)	11/11/2004	S	5,900	D	\$ 78.94	775,446	D
Common Stock (1)	11/11/2004	S	4,000	D	\$ 78.95	771,446	D
Common Stock (1)	11/11/2004	S	2,500	D	\$ 78.96	768,946	D
Common Stock (1)	11/11/2004	S	600	D	\$ 78.97	768,346	D
Common Stock (1)	11/11/2004	S	10,200	D	\$ 78.98	758,146	D
	11/11/2004	S	6,200	D		751,946	D

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Common Stock (1)						\$ 78.99				
Common Stock (1)	11/11/200	4	S 2	2,000	D	\$ 79 <i>~</i>	749,946	D		
Common Stock (1)	11/11/200	4	S S	800	D	\$	749,146	D		
Common Stock (1)	11/11/200	4	S S	8,200	D	\$	740,946	D		
Common Stock							107,502	I H	By Fairbank Morris nc.	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. 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 control number. SEC 1474 (9-02) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) SEC 1474 (9-02)										
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		4. Transacti Code	5. N orDeri Secu Acqu Disp	umber of	6. Date Exerci Expiration Dat (Month/Day/Y r	te 7ear)	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Numbe Shares
Employee Stock Option (Right to Buy)	\$ 47.84	11/11/2004		М		71,342	10/25/2000	11/15/2004	Common Stock	71,34
Employee Stock Option (right to	\$ 66.79	11/11/2004		М		104.206	5 07/29/2001	11/15/2004	Common Stock	104,2

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

FAIRBANK RICHARD D	
1680 CAPITAL ONE DRIVE	
MCLEAN, VA 22102	

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Chairman, CEO and President

Signatures

By: Polly A. Nyquist (POA on File)

**Signature of Reporting Person

11/15/2004 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 May 14, 2004 in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.

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.