CAPITAL ONE FINANCIAL CORP

Form 4

March 08, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

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] (Last) (First) (Middle) 3. Date of Earliest Transaction _X_ Director 10% Owner _X__ Officer (give title Other (specify (Month/Day/Year) below) 1680 CAPITAL ONE DRIVE 03/04/2005 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) Tab	le I - Non-	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. Transaction Code (Instr. 8)	4. Securities Acquired (A) iomr Disposed of (D) (Instr. 3, 4 and 5) (A) or			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)
			Code V	Amount	(D)	Price	(Illstr. 5 allt 4)		
Common Stock (1)	03/04/2005		M	438,000	A	\$ 9.73	1,405,386	D	
Common Stock (1)	03/04/2005		S					D	
Common Stock (1)	03/04/2005		S	13,400				D	
Common Stock (1)	03/04/2005		S			\$ 77.27		D	
Common Stock (1)	03/04/2005		S	3,500	D	\$ 77.28	1,335,686	D	

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Common Stock (1)	03/04/2005	S	1,800	D	\$ 77.29	1,333,886	D
Common Stock (1)	03/04/2005	S	14,700	D	\$ 77.3	1,319,186	D
Common Stock (1)	03/04/2005	S	1,600	D	\$ 77.31	1,317,586	D
Common Stock (1)	03/04/2005	S	900	D	\$ 77.32	1,316,686	D
Common Stock (1)	03/04/2005	S	800	D	\$ 77.34	1,315,886	D
Common Stock (1)	03/04/2005	S	1,000	D	\$ 77.35	1,314,886	D
Common Stock (1)	03/04/2005	S	300	D	\$ 77.36	1,314,586	D
Common Stock (1)	03/04/2005	S	100	D	\$ 77.37	1,314,486	D
Common Stock (1)	03/04/2005	S	2,400	D	\$ 77.4	1,312,086	D
Common Stock (1)	03/04/2005	S	900	D	\$ 77.44	1,311,186	D
Common Stock (1)	03/04/2005	S	900	D	\$ 77.45	1,310,286	D
Common Stock (1)	03/04/2005	S	300	D	\$ 77.47	1,309,986	D
Common Stock (1)	03/04/2005	S	100	D	\$ 77.48	1,309,886	D
Common Stock (1)	03/04/2005	S	200	D	\$ 77.49	1,309,686	D
Common Stock (1)	03/04/2005	S	300	D	\$ 77.5	1,309,386	D
Common Stock (1)	03/04/2005	S	1,100	D	\$ 77.54	1,308,286	D
Common Stock (1)	03/04/2005	S	300	D	\$ 77.55	1,307,986	D
Common Stock (1)	03/04/2005	S	200	D	\$ 77.57	1,307,786	D
Common Stock (1)	03/04/2005	S	400	D	\$ 77.58	1,307,386	D
Common Stock (1)	03/04/2005	S	500	D	\$ 77.59	1,306,886	D
	03/04/2005	S	1,800	D	\$ 77.6	1,305,086	D

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Common Stock (1)								
Common Stock (1)	03/04/2005	S	300	D	\$ 77.63	1,304,786	D	
Common Stock (1)	03/04/2005	S	200	D	\$ 77.66	1,304,586	D	
Common Stock (1)	03/04/2005	S	400	D	\$ 77.67	1,304,186	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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(9-02)

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. Transactic Code (Instr. 8)	tiorDerivative Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Employee Stock Option (Right to Buy)	\$ 9.73	03/04/2005		M		438,000	<u>(2)</u>	09/15/2005	Common Stock	438,00

Reporting Owners

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

Reporting Owners 3

Signatures

By: Jean K. Traub (POA on File)

03/08/2005

**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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