CAPITAL ONE FINANCIAL CORP

Form 4

March 11, 2005

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005 Estimated average

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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 30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

Symbol

burden hours per response...

5. Relationship of Reporting Person(s) to

Issuer

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

FAIRBANK RICHARD D

CAPITA [COF]			CAL ONE FINANCIAL CORP			CORP	(Check all applicable)				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)			_X_ Director 10% Owner _X_ Officer (give title Other (specify below)					
1080 CAPI	TAL ONE DRI	VE	03/09/2	005				Chairman, CEO and President			
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person					
MCLEAN, VA 22102								Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Tabl	le I - Non-D	Derivative S	Securi	ties Acqu	iired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction De (Month/Day/Yea	r) Execution any	med on Date, if Day/Year)	3. Transaction Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	of (D)	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)	03/09/2005(2)			S	400	D D	\$ 79.45	1,582,186	D		
Common Stock (1)	03/09/2005(2)			S	20,000	D	\$ 79.5	1,562,186	D		
Common Stock (1)	03/09/2005(2)			S	100	D	\$ 79.52	1,562,086	D		
Common Stock (1)	03/09/2005(2)			S	16,500	D	\$ 79.55	1,545,586	D		
Common Stock (1)	03/09/2005(2)			S	600	D	\$ 79.6	1,544,986	D		

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Common Stock (1)	03/09/2005(2)	S	300	D	\$ 79.64	1,544,686	D	
Common Stock (1)	03/09/2005(2)	S	5,500	D	\$ 79.65	1,539,186	D	
Common Stock (1)	03/09/2005(2)	S	100	D	\$ 79.73	1,539,086	D	
Common Stock (1)	03/09/2005(2)	S	10,000	D	\$ 79.77	1,529,086	D	
Common Stock (1)	03/09/2005(2)	S	200	D	\$ 79.74	1,528,886	D	
Common Stock (1)	03/09/2005(2)	S	100	D	\$ 79.79	1,528,786	D	
Common Stock (1)	03/09/2005(2)	S	700	D	\$ 79.9	1,528,086	D	
Common Stock (1)	03/09/2005(2)	S	200	D	\$ 79.91	1,527,886	D	
Common Stock (1)	03/09/2005(2)	S	500	D	\$ 80	1,527,386	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)

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	rlying	8. Price of Derivative Security (Instr. 5)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr

Reporting Owners

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

Signatures

By: Jean K. Traub (POA on File) 03/11/2005

**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.
- (2) Due to SEC rules limiting the number of non-derivative transactions that can be reported on a single Form 4, this Form 4 is a continuation of the Form 4 filed for the same date listed above.

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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