CAPITAL ONE FINANCIAL CORP

Form 4 June 25, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

0.5

Estimated average

OMB APPROVAL

burden hours per

response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue.

1. Name and Address of Reporting Person *

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

1(b).

(Print or Type Responses)

See Instruction

FAIRBANK RICHARD D			2. Issuer Name and Ticker or Trading Symbol					Issuer				
			CAPITA [COF]	CAPITAL ONE FINANCIAL CORP COF]				CORP	(Check all applicable)			
				te of Earliest Transaction th/Day/Year)					_X_ Director 10% Owner _X_ Officer (give title Other (specify			
				06/21/2007					below) below) Chairman, CEO and President			
						te Original			6. Individual or Joint/Group Filing(Check Applicable Line)			
MCLEAN, VA 22102			Filed(Month/Day/Year)					_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tabl	le I - Non	ı-D	erivative S	Securi	ties Acqu	iired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	Transaction Date 2A. Deemed fonth/Day/Year) Execution Date, if any (Month/Day/Year)			Code (Instr. 3, 4 and 5)				Securities Ownership Ir Beneficially Form: Direct B Owned (D) or O	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common				Code	V	Amount	(D)	Price \$				
Stock (1)	06/21/2007			M		10,739	A	16.25	2,216,995	D		
Common Stock (1)	06/21/2007			S		100	D	\$ 79.66	2,216,895	D		
Common Stock (1)	06/21/2007			S		100	D	\$ 79.69	2,216,795	D		
Common Stock (1)	06/21/2007			S		100	D	\$ 79.8	2,216,695	D		
Common Stock (1)	06/21/2007			S		100	D	\$ 79.83	2,216,595	D		

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nmon ck (1)	06/21/2007	\$	S	100	D	\$ 79.87	2,216,495	D
nmon ck (1)	06/21/2007	5	S	100	D	\$ 79.88	2,216,395	D
nmon ck <u>(1)</u>	06/21/2007	\$	S	176	D	\$ 79.89	2,216,219	D
nmon ck <u>(1)</u>	06/21/2007	9	S	124	D	\$ 79.9	2,216,095	D
nmon ck (1)	06/21/2007	\$	S	100	D	\$ 79.93	2,215,995	D
nmon ck (1)	06/21/2007	\$	S :	200	D	\$ 79.96	2,215,795	D
nmon ck (1)	06/21/2007	\$	S	100	D	\$ 80	2,215,695	D
nmon ck (1)	06/21/2007	\$	S	100	D	\$ 80.01	2,215,595	D
nmon ck (1)	06/21/2007	\$	S ·	400	D	\$ 80.02	2,215,195	D
nmon ck <u>(1)</u>	06/21/2007	9	S :	200	D	\$ 80.03	2,214,995	D
nmon ck (1)	06/21/2007	9	S :	300	D	\$ 80.04	2,214,695	D
nmon ck (1)	06/21/2007	9	S	100	D	\$ 80.05	2,214,595	D
nmon ck <u>(1)</u>	06/21/2007	9	S :	200	D	\$ 80.07	2,214,395	D
nmon ck (1)	06/21/2007	9	S	100	D	\$ 80.08	2,214,295	D
nmon ck (1)	06/21/2007	9	S :	200	D	\$ 80.09	2,214,095	D
nmon ck (1)	06/21/2007	9	S	100	D	\$ 80.11	2,213,995	D
nmon ck (1)	06/21/2007	9	S :	200	D	\$ 80.12	2,213,795	D
nmon ck (1)	06/21/2007	9	S	100	D	\$ 80.14	2,213,695	D
nmon ck (1)	06/21/2007	9	S	100	D	\$ 80.15	2,213,595	D
nmon ck (1)	06/21/2007	Ş	S	100	D	\$ 80.16	2,213,495	D
	06/21/2007		S	100	D		2,213,395	D

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Common Stock (1)					\$ 80.17			
Common Stock (1)	06/21/2007	S	230	D	\$ 80.21	2,213,165	D	
Common Stock (1)	06/21/2007	S	270	D	\$ 80.22	2,212,895	D	
Common Stock						107,502	I	By Fairbank Morris

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)

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)	TransactionDerivative Code 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 or Number of Shares	
Employee Stock Option (Right to Buy)	\$ 16.25	06/21/2007		M	10,739	<u>(2)</u>	12/17/2007	COF	10,739	\$

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Reporting Owners

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

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Signatures

/s/ Tangela S. Richter (POA) on file for Richard D. Fairbank

06/25/2007

**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 February 1, 2007, in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.
- This option became exercisable upon stockholder approval on April 23, 1998, since the performance-based vesting criteria of the option was satisfied on April 16, 1998, the date on which the trading price of the Common Stock first exceeded \$84.00 (pre-stock split) for at least ten trading days in any thirty calendar-day period. This requirement had to be satisfied on or before the third anniversary of the grant date of this option.

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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