CAPITAL ONE FINANCIAL CORP

Form 4

March 19, 2008

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

January 31, Expires: 2005 Estimated average

OMB

5. Relationship of Reporting Person(s) to

Number:

OMB APPROVAL

3235-0287

burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or

Form 5 obligations may continue. See Instruction

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)

1. Name and Address of Reporting Person *

FAIRBANK RICHARD D			Symbol CAPITAL ONE FINANCIAL CORP [COF]					CORP	Issuer (Check all applicable)			
(Last) (First) (Middle) 3. D				3. Date of (Month/D	3. Date of Earliest Transaction (Month/Day/Year) 03/18/2008					_X_ Director 10% Owner _X_ Officer (give title Other (specify below)		
					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 Form filed by More than One Reporting Person		
(Cit	ty)	(State)	(Zip)	Table	e I - No	n-D	erivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title o Security (Instr. 3)	,	2. Transaction I (Month/Day/Ye	ar) Execution		Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)			d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Commo		03/18/2008			S		29	D	\$ 51.01	2,454,003	D	
Commo		03/18/2008			S		200	D	\$ 51.03	2,453,803	D	
Commo		03/18/2008			S		100	D	\$ 51.05	2,453,703	D	
Commo		03/18/2008			S		100	D	\$ 51.06	2,453,603	D	
Commo		03/18/2008			S		100	D	\$ 51.07	2,453,503	D	

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Common Stock (1)	03/18/2008	S	100	D	\$ 51.09	2,453,403	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.1	2,453,303	D	
Common Stock (1)	03/18/2008	S	400	D	\$ 51.11	2,452,903	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.12	2,452,803	D	
Common Stock (1)	03/18/2008	S	200	D	\$ 51.13	2,452,603	D	
Common Stock (1)	03/18/2008	S	200	D	\$ 51.14	2,452,403	D	
Common Stock (1)	03/18/2008	S	200	D	\$ 51.15	2,452,203	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.16	2,452,103	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.19	2,452,003	D	
Common Stock (1)	03/18/2008	S	134	D	\$ 51.22	2,451,869	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.26	2,451,769	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.27	2,451,669	D	
Common Stock (1)	03/18/2008	S	200	D	\$ 51.29	2,451,469	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.38	2,451,369	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.42	2,451,269	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.46	2,451,169	D	
Common Stock (1)	03/18/2008	S	100	D	\$ 51.54	2,451,069	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.

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number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration D	ate	Amour	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underl	ying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securit	ties	(Instr. 5)	Bene
	Derivative				Securities			(Instr. :	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
									Amount		
						Date	Expiration		or Name la sur		
						Exercisable	Date		Number		
				C 1 W	(A) (D)				of		
				Code V	(A) (D)			,	Shares		

Reporting Owners

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

Signatures

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

03/19/2008

**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.
- (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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