STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

CAPITAL ONE FINANCIAL CORP

Form 4

December 14, 2004

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

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

obligations

may continue.

See Instruction

Check this box

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * LAWSON DAVID R			2. Issuer Name and Ticker or Trading Symbol CAPITAL ONE FINANCIAL CORP [COF]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE		3. Date of Earliest Transaction (Month/Day/Year) 12/13/2004					Director 10% Owner _X_ Officer (give title Other (specify below) Executive Vice President			
	(Street)			ndment, Danth/Day/Year	_	1		6. Individual or Jo Applicable Line) _X_ Form filed by		rson
MCLEAN,	VA 22102							Person	viole than One Re	porting
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned							ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	med on Date, if Day/Year)	Code (Instr. 8)	4. Securion(A) or D (Instr. 3,	ispose 4 and (A) or	d 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)	
Common Stock (1)	12/13/2004			M	9,167	A	\$ 49.07	65,010	D	
Common Stock (1)	12/13/2004			S	9,167	D	\$ 81.48	55,843	D	
Common Stock								31,000	I	Lawson Family Trust
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of SEC 1474										

information contained in this form are not

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(9-02)

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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. 5. Number 6. Date Exercisable at Transaction Derivative Code Securities (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,			7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
Employee				Code V	and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Number of Shares
Stock Option (Right to	\$ 49.07	12/13/2004		M	9,167	12/13/2002(2)	12/13/2011	Common Stock	9,167

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
LAWSON DAVID R			Executive				
1680 CAPITAL ONE DRIVE			Vice				
MCLEAN, VA 22102			President				

Signatures

Buy)

By: Polly A. Nyquist (POA on file)

**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) This option becomes exercisable in 33 1/3% increments beginning on December 13, 2002 and annually from that date thereafter.

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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