CAPITAL ONE FINANCIAL CORP

Form 4 March 16, 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 January 31,

0.5

Expires:

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OMB APPROVAL

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5. Relationship of Reporting Person(s) to

subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

if no longer

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

2. Issuer Name and Ticker or Trading

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

		Symbol CAPITAL ONE FINANCIAL CORP [COF]			Issuer (Check all applicable)		
(Last) (Fire 1680 CAPITAL Of	, , ,	3. Date of Earliest Transaction (Month/Day/Year) 03/15/2007		DirectorX Officer (give below) Chief		Owner r (specify	
MCLEAN, VA 221	,	4. If Amendment, Da Filed(Month/Day/Year	Č		6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M Person		rson
(City) (Sta	te) (Zip)	Table I - Non-D	erivative S	Securities Acqu	uired, Disposed of	, or Beneficiall	y Owned
	saction Date 2A. Deer h/Day/Year) Executio any (Month/I		on(A) or Dis (Instr. 3, 4	(A) or (D) Price	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 03/15	/2007	F(1)	1,176	D \$ 75.83	60,421	D	

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 (9-02)required to respond unless the form displays a currently valid OMB control number.

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

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)			ate	7. Title Amoun Under	int of lying ities	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene
	Derivative Security				Securities Acquired			(Instr.	3 and 4)		Owne Follo
					(A) or Disposed						Repo Trans
					of (D) (Instr. 3, 4, and 5)						(Instr
					4, and 3)				Amount		
						Date Exercisable	Expiration Date	Title	or Number of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships					
Treporting of their remarks	Director	10% Owner	Officer	Other		
SCHNALL PETER A			Chief			
1680 CAPITAL ONE DRIVE			Credit			
MCLEAN, VA 22102			Officer			

Signatures

By: Polly A. Nyquist (POA on File) for 03/16/2007

**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) Represents the automatic withholding by the issuer to satisfy the reporting person's tax obligation associated with the vesting of restricted stock granted on March 15, 2005. This is authorized in the applicable restricted stock award agreement.

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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