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LOW PAUL Form 4 May 17, 200 FORN Check th if no long subject to Section 1 Form 4 o Form 5 obligatio may cont <i>See</i> Instru 1(b).	5 I 4 UNITED STATEMEN 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 6. 7 5 7 5 6 7 5 7 7 7 7 7 7 7 7 7 7 7 7 7	Was NT OF CHAN nt to Section 10 of the Public Ut	RITIES AND EXC shington, D.C. 205 GES IN BENEFIC SECURITIES 6(a) of the Securitie fility Holding Compony vestment Company	5 49 CIAL OW es Exchang pany Act c	Y NERSHIP OF ge Act of 1934, of 1935 or Sectio	OMB Number: Expires: Estimated a burden hou response	irs per		
1. Name and A LOW PAUI	ddress of Reporting Pers	Symbol	CAPSTEAD MORTGAGE CORP			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) 8401 N. CE EXPRESSV	(First) (Midd NTRAL VAY, SUITE 800	le) 3. Date of (Month/D 05/13/20	-		X Director Officer (give below)		6 Owner er (specify		
			ndment, Date Original tth/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 				
(City)	(State) (Zip) Table	e I - Non-Derivative S	ecurities Ac	quired, Disposed of	f, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)			3. 4. Securit TransactionAcquired Code Disposed (Instr. 8) (Instr. 3, 4 Code V Amount	(A) or 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	05/13/2005		A 5,000	(D) Price $\begin{pmatrix} 0 \\ 1 \end{pmatrix}$	16,898	D			
Common Stock					250	I	by Trust		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Nonqualified Director Stock Option (right to buy)	\$ 7.82	05/13/2005		A	10,000	05/13/2005	05/13/2015	Common Stock	10,0

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
LOW PAUL M 8401 N. CENTRAL EXPRESSWAY SUITE 800 DALLAS, TX 75225	Х					
Signatures						
By: Andrew F. Jacobs For: Paul M. Low	0	5/17/2005				
**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) Shares held are restricted stock, granted from the 2004 Flexible Long-Term Incentive Plan, which vest in four equal annual installments beginning May 13, 2006.

(2) Award of fully vested stock options pursuant to the Capstead Mortgage Corporation 2004 Flexible Long-Term Incentive Plan.

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.