

FEDERAL REALTY INVESTMENT TRUST
 Form 4
 March 22, 2007

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
WOOD DONALD C

2. Issuer Name and Ticker or Trading Symbol
FEDERAL REALTY INVESTMENT TRUST [FRT]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
1626 EAST JEFFERSON STREET
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
03/20/2007

Director 10% Owner
 Officer (give title below) Other (specify below)
 Trustee, President & CEO

ROCKVILLE, MD 20852

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 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)	7. Nature of Ownership (Instr. 4)		
			Code	V	Amount	(A) or (D)	Price		
Common shares of beneficial interest	03/20/2007		S		2,100	D	\$ 90	280,594	D (1)
Common shares of beneficial interest	03/20/2007		S		900	D	\$ 90.02	279,694	D (1)
Common shares of beneficial interest	03/20/2007		S		300	D	\$ 90.05	279,394	D (1)

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Common shares of beneficial interest	03/20/2007	S	300	D	\$ 90.06	279,094	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	400	D	\$ 90.07	278,694	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	400	D	\$ 90.1	278,294	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	200	D	\$ 90.11	278,094	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	400	D	\$ 90.13	277,694	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	200	D	\$ 90.15	277,494	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	200	D	\$ 90.16	277,294	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	200	D	\$ 90.17	277,094	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	1,200	D	\$ 90.2	275,894	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	300	D	\$ 90.21	275,594	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	500	D	\$ 90.22	275,094	D ⁽¹⁾
	03/20/2007	S	1,000	D		274,094	D ⁽¹⁾

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Common shares of beneficial interest					\$ 90.23		
Common shares of beneficial interest	03/20/2007	S	600	D	\$ 90.25	273,494	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	400	D	\$ 90.26	273,094	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	500	D	\$ 90.27	272,594	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	800	D	\$ 90.29	271,794	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	1,200	D	\$ 90.31	270,594	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	100	D	\$ 90.32	270,494	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	300	D	\$ 90.33	270,194	D ⁽¹⁾
Common shares of beneficial interest	03/20/2007	S	500	D	\$ 90.34	269,694	D ⁽¹⁾
Common shares of beneficial interest	03/21/2007	G V	11,107	D	\$ 0	258,587	D ⁽¹⁾
Common shares of beneficial interest	03/21/2007	G V	11,107	D	\$ 0	247,480	D ⁽¹⁾

