#### FEDERAL REALTY INVESTMENT TRUST

Form 4

March 22, 2007

### FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

**OMB APPROVAL** 

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

response... 0.5

burden hours per

1(b).

(Print or Type Responses)

1. Name and Address of R WOOD DONALD C	eporting Person *	2. Issuer Name <b>and</b> Ticker or Trading Symbol FEDERAL REALTY INVESTMENT TRUST [FRT]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)			
(Last) (First)  1626 EAST JEFFERS	(Middle) SON STREET	3. Date of Earliest Transaction (Month/Day/Year) 03/21/2007	X Director 10% OwnerX Officer (give title Other (specify below)			
(Street)		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			
ROCKVILLE, MD 20	0852		Form filed by More than One Reporting Person			

## (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

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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 on(A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common shares of beneficial interest	03/21/2007		S(2)	300	D	\$ 91.02	242,080	D (1)	
Common shares of beneficial interest	03/21/2007		S(2)	100	D	\$ 91.03	241,980	D (1)	
Common shares of beneficial interest	03/21/2007		S(2)	100	D	\$ 91.06	241,880	D (1)	

Common shares of beneficial interest	03/21/2007	S(2)	300	D	\$ 91.07 241,580 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	300	D	\$ 241,280 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 91.09 241,180 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 91.1 241,080 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	200	D	\$ 91.11 240,880 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	200	D	\$ 91.12 240,680 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 91.13 240,580 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	200	D	\$ 91.14 240,380 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	300	D	\$ 91.17 240,080 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 239,980 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	500	D	\$ 239,480 D (1)
	03/21/2007	S(2)	200	D	\$ 91.2 239,280 D (1)

Common shares of beneficial interest					
Common shares of beneficial interest	03/21/2007	S(2)	200	D	\$ 91.21 239,080 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	300	D	\$ 91.24 238,780 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	200	D	\$ 91.25 238,580 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 91.26 238,480 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 238,380 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 91.3 238,280 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	200	D	\$ 238,080 D (1)
Common shares of beneficial interest	03/21/2007	S(2)	100	D	\$ 91.37 237,980 D (1)

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474 (9-02)

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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)			ate	7. Title Amoun Underly Securit	nt of lying ties	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
					of (D) (Instr. 3,						(Instr
					4, and 5)						
						Date Exercisable	Expiration Date	Title I	Amount or Number of		
				Code V	(A) (D)				Shares		

# **Reporting Owners**

Reporting Owner Name / Address	Relationships						
<b>--</b>	Director	10% Owner	Officer	Other			
WOOD DONALD C							
1626 EAST JEFFERSON STREET	X		Trustee, President & CEO				
ROCKVILLE MD 20852							

# **Signatures**

Dawn M. Becker, by power of attorney 03/22/2007

\*\*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) Shares owned indirectly by wife: 9,437.
- (2) This is two of two Form 4s being filed to report one transaction that occurred on March 21, 2007 because the transaction would not fit on one Form 4.

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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