

FEDERAL REALTY INVESTMENT TRUST  
 Form 4  
 November 09, 2005

**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

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)  
**11/07/2005**

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

**ROCKVILLE, MD 20852**

4. If Amendment, Date Original Filed(Month/Day/Year)

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common shares of beneficial interest	11/07/2005		M		75,000 A \$ 25.25	311,939	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005		S		2,000 D \$ 60.3	309,939	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005		S		1,200 D \$ 60.29	308,739	D <sup>(1)</sup>

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Common shares of beneficial interest	11/07/2005	S	2,600	D	\$ 60.28	306,139	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	2,600	D	\$ 60.27	303,539	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	1,400	D	\$ 60.26	302,139	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	26,500	D	\$ 60.25	275,639	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	1,600	D	\$ 60.24	274,039	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	6,500	D	\$ 60.23	267,539	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	10,600	D	\$ 60.22	256,939	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	2,600	D	\$ 60.21	254,339	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	4,300	D	\$ 60.2	250,039	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	2,000	D	\$ 60.18	248,039	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	4,000	D	\$ 60.17	244,039	D <sup>(1)</sup>
	11/07/2005	S	3,200	D		240,839	D <sup>(1)</sup>

Common shares of beneficial interest					\$ 60.16		
Common shares of beneficial interest	11/07/2005	S	1,100	D	\$ 60.15	239,739	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	1,800	D	\$ 60.13	237,939	D <sup>(1)</sup>
Common shares of beneficial interest	11/07/2005	S	1,000	D	\$ 60.1	236,939	D <sup>(1)</sup>

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

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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 Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
Employee Stock Option	\$ 25.25	11/07/2005		M	75,000	05/06/2001 <sup>(2)</sup> - 05/06/2008	Common shares of beneficial interest

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
	X		Trustee, President & CEO	

WOOD DONALD C  
1626 EAST JEFFERSON STREET  
ROCKVILLE, MD 20852

## Signatures

Dawn M. Becker, by power of  
attorney

11/09/2005

\_\_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 owned indirectly by wife: 9,437.

(2) 47,080 shares were exercisable on 5/6/2001 and 27,920 shares were exercisable on 5/6/2002

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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