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FEDERAL REALTY INVESTMENT TRUST

Form 4

October 02, 2006

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

January 31, Expires: 2005

OMB APPROVAL

Form 4 or Form 5 obligations

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Estimated average burden hours per response... 0.5

may continue. See Instruction

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * ORDAN MARK S

2. Issuer Name and Ticker or Trading

5. Relationship of Reporting Person(s) to Issuer

FEDERAL REALTY **INVESTMENT TRUST [FRT]**

(Check all applicable)

(Last)

(First) (Middle) 3. Date of Earliest Transaction

_X__ Director

10% Owner

1626 EAST JEFFERSON STREET

09/29/2006

Officer (give title below)

_ Other (specify

(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

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

Symbol

Applicable Line) _X_ Form filed by One Reporting Person

Form filed by More than One Reporting

Person

ROCKVILLE, MD 20852

(City)	(State) (Z	Zip) Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly 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 on(A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common shares of beneficial interest	09/29/2006		M	2,400	A	\$ 31.31	3,814	D	
Common shares of beneficial interest	09/29/2006		S	600	D	\$ 74.49	3,214	D	
Common shares of beneficial interest	09/29/2006		S	200	D	\$ 74.47	3,014	D	

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Common shares of beneficial interest	09/29/2006	S	1,200	D	\$ 74	1,814	D
Common shares of beneficial interest	09/29/2006	S	400	D	\$ 74.4	1,414	D

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)

 Title of Derivative 	2. Conversion	3. Transaction Date (Month/Day/Year)		4. 5. Number Transaction Derivative		6. Date Exercisable and Expiration Date		7. Title and Amount of Underlying Securities]
Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		(Month/Day/Year)		(Instr. 3 and 4)		
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Trustee stock option (right to buy)	\$ 31.31	09/29/2006		M	2,400	11/07/2003	05/07/2013	Common shares of beneficial interest	2,400	

Reporting Owners

Reporting Owner Name / Address	Relationships							
• 0	Director	10% Owner	Officer	Other				
ORDAN MARK S								
1626 EAST JEFFERSON STREET	X							
ROCKVILLE, MD 20852								

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Signatures

Dawn M. Becker, by power of atty 10/02/2006

**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).

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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