

FEDERAL REALTY INVESTMENT TRUST

Reported by
LAMB-HALE NICOLE

FORM 144 (Report of proposed sale of securities)

Filed 09/30/26

Address	909 ROSE AVENUE, SUITE 200 NORTH BETHESDA, MD, 20852
Telephone	3019988100
CIK	0000034903
Symbol	FRT
SIC Code	6798 - Real Estate Investment Trusts
Industry	Commercial REITs
Sector	Financials
Fiscal Year	12/31

Form 144 Filer Information

Form 144

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

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Issuer Information

Name of Issuer	Federal Realty Investment Trust
SEC File Number	001-07533
Address of Issuer	909 Rose Avenue Suite 200 North Bethesda MARYLAND 20852
Phone	1-301-998-8100
Name of Person for Whose Account the Securities are To Be Sold	Nicole Lamb-Hale

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	1. Director
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144: Securities Information

Record	Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
#1	Common	Goldman Sachs & Co. LLC 200 West Street New York NEW YORK 10282	1,500	\$162,435	86,889,133	09/30/2026	NYSE

144: Securities To Be Sold

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Record	Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift ?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
#1	Common	01/03/2022	Acquired as compensation -- Restricted Stock	Issuer	☐	—	880	01/03/2022	Compensation

Units

#2	Common	01/02/2025	Acquired as compensation -- Restricted Stock Units	Issuer	☐	—	620	01/02/2025	Compensation
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* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

All Shares to be sold by Nicole Y. Lamb-Hale Revocable Trust u/a/d 06/15/2020.

Date of Notice

09/30/2026

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

Goldman Sachs & Co. LLC on behalf of Nicole Lamb-Hale

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)