

SECURITIES AND EXCHANGE COMMISSION

FORM 497J

Certification of no change in definitive materials under paragraph (j) of Securities Act Rule 497

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FILER

USAA LIFE INVESTMENT TRUST

CIK: **927823** | IRS No.: **000000000** | State of Incorporation: **DE** | Fiscal Year End: **1231**
Type: **497J** | Act: **33** | File No.: **033-82270** | Film No.: **05789512**

Mailing Address	Business Address
9800 FREDERICKSBURG RD A-03-W SAN ANTONIO TX 78288-0227	9800 FREDERICKSBURG RD SAN ANTONIO TX 78288 2104988000

[USAA EAGLE LOGO (R)] 9800 Fredericksburg Road
San Antonio, Texas 78288

May 2, 2005

VIA EDGAR

Securities and Exchange Commission
450 Fifth Street, N.W.
Washington, D.C. 20549

RE: USAA Life Investment Trust
1933 Act File No. 33-82270
1940 Act File No. 811-8672

Dear Sir or Madam:

Pursuant to Rule 497(j) under the Securities Act of 1933, the registrant identified above certifies that the form of Prospectus and Statement of Additional Information that would have been filed under paragraph (b) or (c) of Rule 497 would not have differed from that contained in the most recent Post-Effective Amendment to the registrant's Registration Statement filed on April 29, 2005, and the text of the most recent Post-Effective Amendment to the registrant's Registration Statement has been filed electronically.

Sincerely,

/S/ EILEEN SMILEY

Eileen Smiley
Vice President
Securities Counsel

cc: Foley & Lardner LLP