

SECURITIES AND EXCHANGE COMMISSION

FORM 497J

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

Filing Date: **2005-05-02**
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RELIASTAR SELECT VARIABLE ACCOUNT

CIK: **356778** | IRS No.: **410451140** | State of Incorporation: **MN** | Fiscal Year End: **1231**
Type: **497J** | Act: **33** | File No.: **033-69892** | Film No.: **05790451**

Mailing Address
20 WASHINGTON AVENUE
SOUTH
MINNEAPOLIS MN 55401

Business Address
20 WASHINGTON AVE SOUTH
MINNEAPOLIS MN 55401
6123725432

ING LOGO

AMERICAS

US Legal Services

Anngharaad S. Reid
Paralegal
(860) 723-2275
Fax: (860) 723-2216
anngharaad.reid@us.ing.com

May 2, 2005

BY EDGARLINK

U.S. Securities and Exchange Commission
450 Fifth Street, N.W.
Washington, DC 20549

Re: ReliaStar Life Insurance Company
ReliaStar Select Variable Account
Post-Effective Amendment No. 17 to Registration Statement on Form N-4
Prospectus Title: Select

HAnnuity III
File Nos.: 33-69892 and 811-03341
Rule 497(j) Filing

Ladies and Gentlemen:

On behalf of ReliaStar Life Insurance Company and its ReliaStar Select Variable Account, we hereby certify pursuant to Rule 497(j) of the Securities Act of 1933, as amended, that:

- The form of Prospectus, Prospectus Supplements and Statement of Additional Information that would have been filed under Rule 497(c) would not have differed from that contained in the most recent post-effective amendment to the above-referenced Registration Statement; and
- The text of the most recent post-effective amendment to the above-referenced Registration Statement was filed electronically by EDGARLink on April 19, 2005.

If you have any questions regarding this submission, please call the undersigned at 860-723-2275.

Sincerely,

/s/ Anngharaad S. Reid
Anngharaad S. Reid

Hartford Site
151 Farmington Avenue, TS31
Hartford, CT 06156-8975

ING North America Insurance Corporation