

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**
SEC Accession No. **0001193125-05-091595**

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FILER

ALLMERICA INVESTMENT TRUST

CIK: **756742** | IRS No.: **043158748** | State of Incorpor.: **MA** | Fiscal Year End: **1231**
Type: **497J** | Act: **33** | File No.: **002-94067** | Film No.: **05788963**

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[LETTERHEAD]

May 2, 2005

VIA EDGAR
Securities and Exchange Commission
Judiciary Plaza
450 Fifth Street, N.W.
Washington, D.C. 20549

RE: Allmerica Investment Trust (the "Registrant" or "Trust")
Rule 497(j) Prospectuses and Statement of Additional Information
Certification File Nos. 811-4138 and 2-94067

Dear Sir or Madam:

Pursuant to Rule 497(j) under the Securities Act of 1933, as amended (the "Act"), the Registrant hereby transmits via EDGAR the following certification in lieu of filing under Rule 497(c) of the Act:

- (1) the forms of Prospectuses and Statement of Additional Information that would have been filed on behalf of the Trust under paragraph (c) of Rule 497 of the Act would not have differed from those contained in Post-effective Amendment No. 49 to the Trust's Registration Statement on Form N-1A filed with the Commission pursuant to Rule 485(b) under the Act on April 28, 2005 to become effective May 1, 2005 (Accession Number 0001193125-05-088299) (the "Registration Statement"), and
- (2) the text of the Registration Statement has been filed electronically.

Any questions with respect to this filing should be directed to the undersigned at (508) 855-4013. Please provide an electronic confirmation as evidence of this filing.

Very truly yours,

/s/ George M. Boyd
George M. Boyd
Trust Secretary

cc: Rob Lamont, SEC examiner
John P. Kavanaugh
Paul T. Kane
Gregory Sheehan, Esq.