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NBT BANG Form 4 November 2											
FORM	Λ4				~ .		~~~ .			OMB AF	PROVAL
	• • UNITED	STATES S				AND EX , D.C. 20		NGE CO	MMISSION	OMB Number:	3235-0287
Check t if no lor subject Section Form 4 Form 5	nger STATEN to STATEN 16. or		CHAN	NGES I SECI	IN UR	BENEF RITIES	ICIA		ERSHIP OF Act of 1934,	Expires: Estimated a burden hour response	•
obligation may con <i>See</i> Inst 1(b).	ons ntinue. Section 17((a) of the Pu	ublic U	Jtility H	lol	ding Cor	npan	0	935 or Section		
(Print or Type	Responses)										
	Address of Reporting S MICHAEL J	S	Symbol			I Ticker or P INC [N		Is	. Relationship of I ssuer	Reporting Pers	on(s) to
(Last)	(First) (ransaction	DID	.1	(Check	all applicable)
. ,	I BROAD STREE	(Day/Year					Director _X Officer (give t elow) Sr E		Owner or (specify
NORWICH	(Street) H, NY 13815			endment, onth/Day/Y		ate Origina r)	1	A	. Individual or Joi pplicable Line) X_ Form filed by Oi Form filed by Mo	ne Reporting Per	rson
(City)	(State)	(Zip)	Tak	la I Na	T	Doministrino	Sam		erson	on Donoficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed	l Date, if	3.	ctio		es Ac ed of (quired (A) (D)	red, Disposed of, 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)
NBT Bancorp Inc. Common Stock	11/21/2013			Code M	V	Amount 18,000	(D)	Price \$ 20.3617	(Instr. 3 and 4) 62,920	D	
NBT Bancorp Inc. Common Stock	11/21/2013			S		18,000	D	\$ 24.95	44,920	D	
NBT Bancorp	11/21/2013			М		14,400	А	\$ 20.19	59,320	D	

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Inc. Common Stock								
NBT Bancorp Inc. Common Stock	11/21/2013	S	14,400	D	\$ 24.95	44,920	D	
NBT Bancorp Inc. Common Stock						14,355.939	I	401k
NBT Bancorp Inc. Common Stock						3,922.861	Ι	NBT Bancorp ESOP

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.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Ar Underlying Se (Instr. 3 and 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title I
Non-Qualified Stock Option (right to buy)	\$ 20.19	11/21/2013		М	14,400	01/15/2011(1)	01/15/2020	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.3617	11/21/2013		М	18,000	01/15/2009 <u>(2)</u>	01/15/2018	NBT Bancorp Inc. Common

				Stock
Non-Qualified Stock Option (right to buy)	\$ 22.352	01/01/2007 <u>(2)</u>	01/01/2016	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006 <u>(2)</u>	01/20/2015	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010 <u>(1)</u>	01/15/2019	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(2)	01/01/2017	NBT Bancorp Inc. Common Stock

Reporting Owners

Reporting Owner Name / Addres	\$	Relationships						
	Director	10% Owner	Officer	Other				
CHEWENS MICHAEL J 52 SOUTH BROAD STREET NORWICH, NY 13815	Г		Sr EVP & CFO					
Signatures								
Michael J. Chewens	1/25/2013							

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

Date

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.

(2) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.

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.

**Signature of

Reporting Person