

NBT BANCORP INC
 Form 4
 January 17, 2014

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2015
 Estimated average burden hours per response... 0.5

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
DIETRICH MARTIN A

(Last) (First) (Middle)
 52 SOUTH BROAD STREET
 (Street)

NORWICH, NY 13815

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
NBT BANCORP INC [NBTB]

3. Date of Earliest Transaction
 (Month/Day/Year)
01/15/2014

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
President & CEO NBT Bancorp

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
NBT Bancorp Inc. Common Stock	01/15/2014		F		463	D	\$ 25.09
					178,563.887	D	
NBT Bancorp Inc. Common Stock	01/15/2014		F		2,235	D	\$ 25.09
					176,328.887	D	
NBT Bancorp	01/15/2014		F		463	D	\$ 25.09
					175,865.887	D	

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Inc.
Common
Stock

NBT
Bancorp
Inc.
Common
Stock

01/16/2014 S 5,382 D \$ 25.0569 170,483.887 D
(1)

NBT
Bancorp
Inc.
Common
Stock

18,493.705 I 401k

NBT
Bancorp
Inc.
Common
Stock

755 I Custodian
for Minor

NBT
Bancorp
Inc.
Common
Stock

10,731.723 I NBT
Bancorp
ESOP

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474
(9-02)

**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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
Non-Qualified Stock Option	\$ 20.19			V (A) (D)		Date Exercisable: 01/15/2011 ⁽²⁾ Expiration Date: 01/15/2020	Title: NBT Bancorp Amount or Number of Shares: 25,000

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.3617	01/15/2009 ⁽³⁾	01/15/2018	NBT Bancorp Inc. Common Stock	25,000
Non-Qualified Stock Option (right to buy)	\$ 20.94	11/18/2013 ⁽⁴⁾	11/18/2021	NBT Bancorp Inc. Common Stock	30,000
Non-Qualified Stock Option (right to buy)	\$ 22.352	01/01/2007 ⁽³⁾	01/01/2016	NBT Bancorp Inc. Common Stock	30,000
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006 ⁽³⁾	01/20/2015	NBT Bancorp Inc. Common Stock	22,400
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007 ⁽⁴⁾	08/01/2015	NBT Bancorp Inc. Common Stock	6,400
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009 ⁽⁴⁾	12/27/2017	NBT Bancorp Inc. Common Stock	12,600
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010 ⁽²⁾	01/15/2019	NBT Bancorp Inc. Common Stock	25,000
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008 ⁽³⁾	01/01/2017	NBT Bancorp Inc. Common Stock	28,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
DIETRICH MARTIN A 52 SOUTH BROAD STREET NORWICH, NY 13815	X		President & CEO NBT Bancorp	

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Martin A
Dietrich

01/17/2014

__Signature of Reporting Person

Date

Explanation of Responses:

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

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

(1) The sale price is an average of 100 shares sold at \$24.99, 350 shares sold at \$25.00, 180 shares sold at \$25.01, 300 shares sold at \$25.02, 500 shares sold at \$25.025, 200 shares sold at \$25.0275, 100 shares sold at \$25.029, 876 shares sold at \$25.03, 843 shares sold at \$25.04, 100 shares sold at \$25.05, 100 shares sold at \$25.065, 100 shares sold at \$25.08, 901 shares sold at \$25.10, 132 shares sold at \$25.11, 100 shares sold at \$25.12, 100 shares sold at \$25.15, 100 share sold at \$25.165, 300 shares sold at \$25.17.

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

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

(4) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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