

NBT BANCORP INC

Form 4

August 02, 2005

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**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

OMB APPROVAL

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(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)
07/29/2005

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 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 (A) 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price		
NBT Bancorp Inc. Common Stock	07/29/2005		M		32,430	A	\$ 16.0625	59,206.529	D
NBT Bancorp Inc. Common Stock	07/29/2005		S		32,430	D	\$ 24.7046	26,776.529	D
NBT Bancorp	08/01/2005		M		6,470	A	\$ 16.0625	33,246.529	D

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Inc.
Common
Stock

NBT
Bancorp
Inc.
Common
Stock

12,461.783 I 401k

NBT
Bancorp
Inc.
Common
Stock

237.603 I Custodian
for Minor

NBT
Bancorp
Inc.
Common
Stock

7,673.143 I NBT
Bancorp
ESOP

NBT
Bancorp
Inc.
Common
Stock

7,000 I by Mother

NBT
Bancorp
Inc.
Common
Stock

848 I by Spouse

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 Underlying (Instr. 3 and 4)
	\$ 16.0625	07/29/2005		M	32,430	01/22/2002 ⁽¹⁾	01/22/2011

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Non-Qualified Stock Option (right to buy)								NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 16.0625	08/01/2005	M	6,470	01/22/2002 ⁽¹⁾	01/22/2011		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2005	A	6,470	08/01/2007 ⁽²⁾	08/01/2015		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 14.3492				01/28/2003 ⁽¹⁾	01/28/2012		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 16.227				08/03/2003 ⁽²⁾	08/03/2011		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 17.538				01/01/2004 ⁽¹⁾	01/01/2013		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 18.1632				01/27/1999 ⁽¹⁾	01/27/2008		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.5952				01/26/2000 ⁽¹⁾	01/26/2009		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.1715				01/01/2005 ⁽¹⁾	01/01/2014		NBT Bancorp Inc. Common Stock
	\$ 22.205				02/11/2006 ⁽²⁾	02/11/2014		

Non-Qualified
Stock Option
(right to buy)

NBT
Bancorp
Inc.
Common
Stock

Non-Qualified
Stock Option \$ 23.2708
(right to buy)

NBT
Bancorp
Inc.
Common
Stock

01/20/2006⁽¹⁾ 01/20/2015

Reporting Owners

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

Signatures

By: Michael J. Chewens, Power of Attorney For: Martin A
Dietrich

08/02/2005

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

(2) 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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