

DIETRICH MARTIN A  
Form 4  
January 19, 2010

**FORM 4**

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

OMB APPROVAL

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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)  
01/15/2010

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 (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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|--|
| NBT Bancorp Inc. Common Stock   |                                      |  |                                | (A)<br>or<br>(D)  | 51,286.205  | D  |  |
| NBT Bancorp Inc. Common Stock   |                                      |  |                                | (A)<br>or<br>(D)  | 15,294.868  | I  | 401k                                       |
| NBT Bancorp                     |                                      |  |                                | (A)<br>or<br>(D)  | 755   | I  | Custodian for Minor                        |

Inc.  
Common  
Stock

NBT  
Bancorp  
Inc.  
Common  
Stock

NBT  
Bancorp  
Inc.  
Common  
Stock

9,057.456 I

NBT  
Bancorp  
ESOP

848 I

by Spouse

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

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(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 Security (Instr. 3 and 4) |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|
|  |  |                                      |  | Code                           | V (A) (D)   | Date Exercisable Expiration Date                         | Title   |
| Non-Qualified Stock Option (right to buy)  | \$ 20.19   | 01/15/2010                           |  | A                              | 25,000  | 01/15/2011 <sup>(1)</sup> 01/15/2020                     | NBT Bancorp Inc. Common Stock                     |
| Non-Qualified Stock Option (right to buy)  | \$ 14.3492   |                                      |  |                                |   | 01/28/2003 01/28/2012                                    | NBT Bancorp Inc. Common Stock                     |
| Non-Qualified Stock Option (right to buy)  | \$ 17.538  |                                      |  |                                |   | 01/01/2004 <sup>(2)</sup> 01/01/2013                     | NBT Bancorp Inc. Common                           |

|   |            |                           |            |  |
|---|------------|---------------------------|------------|--|
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 20.3617 | 01/15/2009 <sup>(2)</sup> | 01/15/2018 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 22.1715 | 01/01/2005 <sup>(2)</sup> | 01/01/2014 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 22.205  | 02/11/2006 <sup>(3)</sup> | 02/11/2014 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 22.352  | 01/01/2007 <sup>(2)</sup> | 01/01/2016 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 23.2708 | 01/20/2006 <sup>(2)</sup> | 01/20/2015 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 24.4458 | 08/01/2007 <sup>(3)</sup> | 08/01/2015 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 24.5692 | 12/27/2009 <sup>(3)</sup> | 12/27/2017 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 25.38   | 01/15/2010 <sup>(1)</sup> | 01/15/2019 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 25.762  | 01/01/2008 <sup>(2)</sup> | 01/01/2017 | Stock<br>NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |

## Reporting Owners

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

## Signatures

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

01/19/2010

\_\_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. 2009 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.
- (3) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

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