NBT BANCORP INC

Form 4

January 17, 2014

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

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OMB APPROVAL

response...

if no longer subject to Section 16. Form 4 or Form 5

obligations

Check this box

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

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Last)

Bancorp

(Print or Type Responses)

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

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to

Issuer

NBT BANCORP INC [NBTB]

(Check all applicable)

52 SOUTH BROAD STREET

(First)

(Street)

(Middle)

3. Date of Earliest Transaction

(Month/Day/Year) 01/15/2014

Filed(Month/Day/Year)

X Director 10% Owner Other (specify X_ Officer (give title

below) President & CEO NBT Bancorp

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting

Person

NORWICH, NY 13815

(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned
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						_	-		-
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date		3. Transaction Code (Instr. 8)		sed of	` ′	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
NBT			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	(
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	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	
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)

		(e.g., puts, ca	ılls, warrants, optio	ns, convert	ible securi	ties)			
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. Transacti Code (Instr. 8)	5. orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	S		7. Title and Underlying (Instr. 3 and	g Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha

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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	25,00
Non-Qualified Stock Option (right to buy)	\$ 20.94	11/18/2013(4)	11/18/2021	NBT Bancorp Inc. Common Stock	30,0
Non-Qualified Stock Option (right to buy)	\$ 22.352	01/01/2007(3)	01/01/2016	NBT Bancorp Inc. Common Stock	30,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(3)	01/20/2015	NBT Bancorp Inc. Common Stock	22,41
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007(4)	08/01/2015	NBT Bancorp Inc. Common Stock	6,47
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009(4)	12/27/2017	NBT Bancorp Inc. Common Stock	12,6
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010(2)	01/15/2019	NBT Bancorp Inc. Common Stock	25,00
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(3)	01/01/2017	NBT Bancorp Inc. Common Stock	28,0

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Reporting Owners

Reporting Owner Name / Address Relationships

X

Director 10% Owner Officer Other

DIETRICH MARTIN A 52 SOUTH BROAD STREET NORWICH, NY 13815

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).
- 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
- 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 \$ 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.

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