#### **NBT BANCORP INC**

Check this box if

no longer subject

to Section 16.

5 obligations

may continue.

Form 4 or Form

Form 5

January 26, 2009

# FORM 5

**OMB APPROVAL** 

**OMB** 3235-0362 Number:

January 31, Expires: 2005

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ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported

Transactions Reported

30(h) of the Investment Company Act of 1940 Form 4

1. Name and Address of Reporting Person * DIETRICH MARTIN A			2. Issuer Name <b>and</b> Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
		(Middle)	NBT BANCORP INC [NBTB]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2008	X Director 10% Owner X Officer (give title Other (specify		
52 SOUTH BROAD STREET		TREET	12/31/2006	below)  President/CEO NBT Bancorp		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Reporting		
			Filed(Month/Day/Year)			
				(check applicable line)		

#### NORWICH, NYÂ 13815

\_X\_ Form Filed by One Reporting Person Form Filed by More than One Reporting Person

(City)	(State)	(Zip) 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. Securitie (A) or Disp (Instr. 3, 4 a	osed c	of (D)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
NBT Bancorp Inc. Common Stock	12/31/2008	Â	J	429.083	A	\$ 0 (1)	52,145.384	D	Â		
NBT Bancorp Inc. Common Stock	12/31/2008	Â	J	765.098	A	\$ 0 (2)	15,294.868	I	401k		

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.		Persons w	SEC 2270 (9-02)						
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	848	I	by Spouse
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	6,000	I	by Mother
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	755	I	Custodian for Minor
NBT Bancorp Inc. Common Stock	12/31/2008	Â	J	345.529	A	\$ 0 (3)	9,057.456	I	NBT Bancorp ESOP

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

the form displays a currently valid OMB control number.

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	te 3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)	Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and Amo Underlying Secu (Instr. 3 and 4)	
					(A) (D)	Date Exercisable	Expiration Date	Title	An or Nu of
Non-Qualified Stock Option (right to buy)	\$ 14.3492	Â	Â	Â	Â	01/28/2003	01/28/2012	NBT Bancorp Inc. Common Stock	3(
Non-Qualified Stock Option	\$ 17.538	Â	Â	Â	Â	01/01/2004(4)	01/01/2013	NBT Bancorp	24

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(right to buy)									Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.3617	Â	Â	Â	Â	Â	01/15/2009(4)	01/15/2018	NBT Bancorp Inc. Common Stock	2:
Non-Qualified Stock Option (right to buy)	\$ 22.1715	Â	Â	Â	Â	Â	01/01/2005(4)	01/01/2014	NBT Bancorp Inc. Common Stock	2
Non-Qualified Stock Option (right to buy)	\$ 22.205	Â	Â	Â	Â	Â	02/11/2006(5)	02/11/2014	NBT Bancorp Inc. Common Stock	3
Non-Qualified Stock Option (right to buy)	\$ 22.352	Â	Â	Â	Â	Â	01/01/2007(4)	01/01/2016	NBT Bancorp Inc. Common Stock	30
Non-Qualified Stock Option (right to buy)	\$ 23.2708	Â	Â	Â	Â	Â	01/20/2006(4)	01/20/2015	NBT Bancorp Inc. Common Stock	22
Non-Qualified Stock Option (right to buy)	\$ 24.4458	Â	Â	Â	Â	Â	08/01/2007(5)	08/01/2015	NBT Bancorp Inc. Common Stock	6
Non-Qualified Stock Option (right to buy)	\$ 24.5692	Â	Â	Â	Â	Â	12/27/2009(5)	12/27/2017	NBT Bancorp Inc. Common Stock	12
Non-Qualified Stock Option (right to buy)	\$ 25.762	Â	Â	Â	Â	Â	01/01/2008(4)	01/01/2017	NBT Bancorp Inc. Common Stock	28

## **Reporting Owners**

Reporting Owner Name / Address

Director 10% Owner Officer Other

DIETRICH MARTIN A
52 SOUTH BROAD STREET Â X Â President/CEO NBT Bancorp Â
NORWICH, NYÂ 13815

## **Signatures**

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

01/26/2009

\*\*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) Shares acquired under NBT Bancorp Dividend Reinvestment Plan during period of January 1, 2008 to December 31, 2008 at prices ranging from \$21.1468 to \$26.8782 per share.
- (2) Shares were purchased from 1/1/2008 through 12/31/2008 through NBT Bancorp Inc. 401k Plan.
- (3) Shares were purchased from 1/1/2008 through 12/31/2008 through NBT Bancorp Inc. ESOP Plan.
- (4) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (5) 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 provided 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.

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