NBT BANCORP INC

Form 5

January 26, 2009

FORM 5

OMB APPROVAL

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

OMB Number: 3235-0362

January 31,

1.0

no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

Check this box if

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL
OWNERSHIP OF SECURITIES

Expires:

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may continue.

See Instruction
1(b).

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

Reported Form 4

30(h) of the Investment Company Act of 1940

Transactions Reported

1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Issuer Wadsworth Robert A Symbol NBT BANCORP INC [NBTB] (Check all applicable) (Last) (First) (Middle) 3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) _X_ Director 10% Owner Officer (give title _ Other (specify 12/31/2008 below) below) **52 SOUTH BROAD STREET** (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) Tak	ole I - Non-Dei	rivative Se	curitie	es Acqu	ired, Disposed	of, or Benefic	ially 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. Securit (A) or Dis (D) (Instr. 3, 4)	sposed	of	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	45.985		\$ 0 (1)	3,999.176	D	Â
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	164,041	I	by Corporation

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

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SEC 2270 (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)	Number		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	Ar or Nu of Sh
Non-Qualified Stock Option (right to buy)	\$ 21.74	Â	Â	Â	Â	Â	05/01/2007(2)	05/01/2016	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.4092	Â	Â	Â	Â	Â	01/01/2007(2)	01/01/2016	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.4842	Â	Â	Â	Â	Â	05/01/2008(2)	05/01/2017	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 22.5508	Â	Â	Â	Â	Â	05/01/2009(2)	05/01/2018	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 24.08	Â	Â	Â	Â	Â	11/10/2007(2)	11/10/2016	NBT Bancorp Inc. Common Stock	

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Wadsworth Robert A

52 SOUTH BROAD STREET Â X Â Â

NORWICH, NYÂ 13815

Signatures

By: Michael J. Chewens, Power of Attorney For: Robert
Wadsworth

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.
- Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan grant vests 40% for first year, 20% annually for following years.

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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