

DIETRICH MARTIN A

Form 4

January 22, 2010

**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

OMB  
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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)  
01/21/2010

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 &amp; 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<br>Security<br>(Instr. 3)     | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 3. Transaction<br>Code<br>(Instr. 8) | 4. Securities<br>Acquired (A) or<br>Disposed of (D)<br>(Instr. 3, 4 and 5) | 5. Amount of<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 3 and 4) | 6. Ownership<br>Form: Direct<br>(D) or<br>Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---|---|---|--------------------------------------|--|--|--|---|
| NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 01/21/2010                              |   | A                                    | 7,500 A  | \$ 0<br>(1)  | 58,786.205 D   |   |
| NBT<br>Bancorp<br>Inc.<br>Common<br>Stock |   |   |                                      |  | 15,294.868   | I  | 401k  |
| NBT<br>Bancorp                            |   |   |                                      |  | 755  | I  | Custodian<br>for Minor  |

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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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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<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3,<br>4, and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and Amount<br>Underlying Securities<br>(Instr. 3 and 4) |
|---|--|---|---|--------------------------------------|--|--|--|
|   |  |   |   | Code                                 | V (A) (D)  | Date Exercisable<br>Expiration Date                            | Title<br>Amount<br>or<br>Number<br>of Shares                     |
| Non-Qualified<br>Stock Option<br>(right to buy)     | \$ 14.3492   |   |   |                                      |  | 01/28/2003 01/28/2012  | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock 30,000                 |
| Non-Qualified<br>Stock Option<br>(right to buy)     | \$ 17.538  |   |   |                                      |  | 01/01/2004 <sup>(2)</sup> 01/01/2013                           | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock 24,000                 |
| Non-Qualified<br>Stock Option                       | \$ 20.19   |   |   |                                      |  | 01/15/2011 <sup>(3)</sup> 01/15/2020                           | NBT<br>Bancorp 25,000  |

|   |            |  |                           |            |   |        |
|---|------------|--|---------------------------|------------|---|--------|
| (right to buy)                                  |            |  |                           |            | Inc.<br>Common<br>Stock                   |        |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 20.3617 |  | 01/15/2009 <sup>(2)</sup> | 01/15/2018 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 25,000 |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 22.1715 |  | 01/01/2005 <sup>(2)</sup> | 01/01/2014 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 21,300 |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 22.205  |  | 02/11/2006 <sup>(4)</sup> | 02/11/2014 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 3,840  |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 22.352  |  | 01/01/2007 <sup>(2)</sup> | 01/01/2016 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 30,000 |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 23.2708 |  | 01/20/2006 <sup>(2)</sup> | 01/20/2015 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 22,400 |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 24.4458 |  | 08/01/2007 <sup>(4)</sup> | 08/01/2015 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 6,470  |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 24.5692 |  | 12/27/2009 <sup>(4)</sup> | 12/27/2017 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 12,600 |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 25.38   |  | 01/15/2010 <sup>(3)</sup> | 01/15/2019 | NBT<br>Bancorp<br>Inc.<br>Common<br>Stock | 25,000 |
| Non-Qualified<br>Stock Option<br>(right to buy) | \$ 25.762  |  | 01/01/2008 <sup>(2)</sup> | 01/01/2017 | NBT<br>Bancorp<br>Inc.                    | 28,000 |

## 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

01/22/2010

\_\_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).

The award is in the form of restricted stock units which represents a contingent right to receive one share of NBT Bancorp Inc. common

- (1) stock for each stock unit awarded. The restricted stock units vest in full as of the fifth anniversary of the Grant Date and may not be settled in cash.
- (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. 2009 Omnibus Stock Option Agreement the 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.

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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