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DIETRICH MARTIN A Form 5 February 05, 2010 **FORM 5**

Check this box if

no longer subject

to Section 16.

5 obligations

may continue. See Instruction

Form 4 or Form

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 OMB Number: Expires: 3235-0362 ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES January 31, 2005 Estimated average burden hours per response... 1.0

1(b). Form 3 Hol Reported Form 4 Transaction Reported	dings Section	17(a) of the	Section 16(a) of the Securities Exchang Public Utility Holding Company Act o of the Investment Company Act of 194	f 1935 or Section
1. Name and Ac DIETRICH N	MARTIN A	с -	2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last)	(First)	(Middle)	3. Statement for Issuer's Fiscal Year Ended(Month/Day/Year)12/31/2009	_X_ Director 10% Owner _X_ Officer (give title Other (specify
52 SOUTH E	BROAD ST	REET		below) below) President & CEO NBT Bancorp
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Reporting (check applicable line)

NORWICH, NYÂ 13815

X Form Filed by One Reporting Person ____ Form Filed by More than One Reporting Person

(City)	(State)	(Zip) Tal	ble I - Non-De	rivative Secur	rities A	Acquire	ed, Disposed of,	or Beneficial	ly 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 A or Disposed o (Instr. 3, 4 and Amount	of (D)	red (A) Price	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	12/31/2009	Â	J	429.561	A	\$ 0 (1)	51,715.766	D	Â
NBT Bancorp Inc. Common Stock	12/31/2009	Â	J	1,084.375	А	\$ 0 (2)	16,379.243	I	401k

NBT Bancorp Inc. Common Stock	12/31/2009	Â	J	554.93	А	\$ 0 (<u>3</u>)	9,612.386	Ι	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	755	I	Custodian for Minor
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	848	Ι	by Spouse

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

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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 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	ÂÂ	01/28/2003	01/28/2012	NBT Bancorp Inc. Common Stock	3
Non-Qualified Stock Option (right to buy)	\$ 17.538	Â	Â	Â	Â	01/01/2004(4)	01/01/2013	NBT Bancorp Inc. Common Stock	24
Non-Qualified Stock Option	\$ 20.3617	Â	Â	Â	Â	01/15/2009(4)	01/15/2018	NBT Bancorp	2:

(9-02)

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(right to buy)									Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.1715	Â	Â	Â	Â	Â	01/01/2005 <u>(4)</u>	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 <u>(5)</u>	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 <u>(4)</u>	01/01/2016	NBT Bancorp Inc. Common Stock	3
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	2:
Non-Qualified Stock Option (right to buy)	\$ 24.4458	Â	Â	Â	Â	Â	08/01/2007 <u>(5)</u>	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 <u>(5)</u>	12/27/2017	NBT Bancorp Inc. Common Stock	11
Non-Qualified Stock Option (right to buy)	\$ 25.38	Â	Â	Â	Â	Â	01/15/2010 <u>(6)</u>	01/15/2019	NBT Bancorp Inc. Common Stock	2:
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	2

Reporting Owners

Relationships							
Director	10% Owner	Officer	Other				
ÂX	Â	President & CEO NBT Bancorp	Â				
By: Michael J. Chewens, Power of Attorney For: Martin A 02/05/2010							
<u>**</u> Signature of Reporting Person							
	X	X Â of Attorney For: M	Director 10% Owner Officer X President & CEO NBT Bancorp • of Attorney For: Martin A 02/05/2010				

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, 2009 to December 31, 2009 at prices ranging from \$19.393 to \$22.7850 per share.
- (2) Shares were purchased from 1/1/2009 through 12/31/2009 through NBT Bancorp Inc. 401k Plan.
- (3) Shares were purchased from 1/1/2009 through 12/31/2009 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.
- (6) Pursuant to NBT Bancorp Inc. 2009 Omnibus Stock Option Agreement the 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.