DIETRICH MARTIN A

Form 4

January 04, 2011

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

response...

Estimated average

burden hours per

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * DIETRICH MARTIN A			2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]						5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date o	3. Date of Earliest Transaction (Check all appl					eck all applicable	ie)	
` ,	I BROAD STRE		(Month/I 01/01/2	Day/Yea					_X_ Director _X_ Officer (gives below) President		
NODWICI	4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting					
NORWICE	H, NY 13815								Person		
(City)	(State)	(Zip)	Tab	le I - N	on-D	Derivative	Secui	rities Acq	uired, Disposed	of, or Beneficia	ally Owned
1.Title of Security (Instr. 3) NBT Bancorp Inc.	2. Transaction Da (Month/Day/Year 01/01/2011	Execution any	med on Date, if Day/Year)	Code (Instr.	v V	4. Securi on(A) or D (Instr. 3, Amount	(A) or (D)	ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock NBT Bancorp								24.15			
Inc. Common Stock									16,379.243	I	401k
NBT Bancorp									755	I	Custodian for Minor

Edgar Filing: DIETRICH MARTIN A - Form 4

Inc.

Common

Stock

NBT

Bancorp			NBT
Inc.	9,612.386	I	Bancorp
Common			ESOP

Stock

NBT

Bancorp

Inc. 848 I by Spouse

Common Stock

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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 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. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 14.3492					01/28/2003	01/28/2012	NBT Bancorp Inc. Common Stock	30,0
Non-Qualified Stock Option (right to buy)	\$ 17.538					01/01/2004(1)	01/01/2013	NBT Bancorp Inc. Common Stock	24,00
Non-Qualified Stock Option	\$ 20.19					01/15/2011(2)	01/15/2020	NBT Bancorp	25,00

Edgar Filing: DIETRICH MARTIN A - Form 4

(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.3617	01/15/2009(1)	01/15/2018	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 22.1715	01/01/2005(1)	01/01/2014	NBT Bancorp Inc. Common Stock	21,3
Non-Qualified Stock Option (right to buy)	\$ 22.205	02/11/2006(3)	02/11/2014	NBT Bancorp Inc. Common Stock	3,84
Non-Qualified Stock Option (right to buy)	\$ 22.352	01/01/2007(1)	01/01/2016	NBT Bancorp Inc. Common Stock	30,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(1)	01/20/2015	NBT Bancorp Inc. Common Stock	22,41
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007(3)	08/01/2015	NBT Bancorp Inc. Common Stock	6,47
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009(3)	12/27/2017	NBT Bancorp Inc. Common Stock	12,64
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010(2)	01/15/2019	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(1)	01/01/2017	NBT Bancorp Inc.	28,0

Reporting Owners

Reporting Owner Name / Address					
	Director	10% Owner	Officer	Ot	ther

Relationships

DIETRICH MARTIN A 52 SOUTH BROAD STREET X President & CEO NBT Bancorp NORWICH, NY 13815

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Martin A Dietrich 01/04/2011

> **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) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (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 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. 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.

Reporting Owners 4