DIETRICH MARTIN A

Form 4

January 21, 2011

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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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

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading DIETRICH MARTIN A Issuer Symbol NBT BANCORP INC [NBTB] (Check all applicable) (First) (Middle) (Last) 3. Date of Earliest Transaction (Month/Day/Year) _X_ Director 10% Owner _X__ Officer (give title _ Other (specify 52 SOUTH BROAD STREET 01/19/2011 below) President & CEO NBT Bancorp (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person

NORWICH, NY 13815

(City)	(State)	(Zip) Tabl	le I - Non-D	erivative S	Securi	ties Ac	quired, Disposed	of, or Beneficia	ally Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of Code (D) (Instr. 8) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
NBT Bancorp Inc. Common Stock	01/19/2011		A	15,750 (1)	A	\$0	72,019.766	D	
NBT Bancorp Inc. Common Stock	01/19/2011		A	6,250 (2)	A	\$0	78,269.766	D	
NBT Bancorp							16,379.243	I	401k

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Inc. Common Stock			
NBT Bancorp Inc. Common Stock	755	I	Custodian for Minor
NBT Bancorp Inc. Common Stock	9,612.386	I	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock	848	I	by Spouse

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

Stock Option

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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 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)	of Derivative Securities Acquired (A) or			7. Title and A Underlying S (Instr. 3 and	Securitie
					Disposed of (D) (Instr. 3, 4, and 5)				
				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	30,00
Non-Qualified	\$ 17.538					01/01/2004(3)	01/01/2013	NBT	24,00

Bancorp

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.19	01/15/2011(4)	01/15/2020	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 20.3617	01/15/2009(3)	01/15/2018	NBT Bancorp Inc. Common Stock	25,00
Non-Qualified Stock Option (right to buy)	\$ 22.1715	01/01/2005(3)	01/01/2014	NBT Bancorp Inc. Common Stock	21,3
Non-Qualified Stock Option (right to buy)	\$ 22.205	02/11/2006(5)	02/11/2014	NBT Bancorp Inc. Common Stock	3,84
Non-Qualified Stock Option (right to buy)	\$ 22.352	01/01/2007(3)	01/01/2016	NBT Bancorp Inc. Common Stock	30,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(3)	01/20/2015	NBT Bancorp Inc. Common Stock	22,41
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007(5)	08/01/2015	NBT Bancorp Inc. Common Stock	6,47
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009(5)	12/27/2017	NBT Bancorp Inc. Common Stock	12,64
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010(4)	01/15/2019	NBT Bancorp Inc.	25,00

Common Stock

NBT Bancorp

Non-Qualified Stock Option

(right to buy)

\$ 25.762

 $01/01/2008^{(3)}$ 01/01/2017

Inc. Common Stock 28,0

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

DIETRICH MARTIN A

52 SOUTH BROAD STREET NORWICH, NY 13815

X

President & CEO NBT Bancorp

Signatures

By: F. Sheldon Prentice For: Martin A Dietrich

01/21/2011

Date

Sietrien

**Signature of Reporting Person

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).
 - Pursuant to NBT Bancorp Inc. Omnibus Performance Unit Agreement, each member of a select group of Management is entitled to
- (1) receive an award based on Company performance goals in the form of restricted stock units that vests four years following the end of a performance period.
- (2) Pursuant to NBT Bancorp Inc. Omnibus Restricted Stock Unit Agreement the grant vests 40% for first year, 20% annually for following years.
- (3) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (4) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the 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.

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