NBT BANC Form 4 January 24, 2										
FORM	ЛЛ									PPROVAL
	• • UNITED S	STATES SI					NGE (COMMISSION	OMB Number:	3235-0287
Check th if no long subject to Section 1 Form 4 c Form 5	ger 5 STATEM 16. 5 J Filed pure	Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							Expires: January 31 2005 Estimated average burden hours per response 0.5	
obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17(a				ling Com Compan			of 1935 or Sectio 40	n	
(Print or Type]	Responses)									
	Address of Reporting MARTIN A	Sy	/mbol		Ticker or			5. Relationship of Issuer	Reporting Per	rson(s) to
(Lest)	(Einst) (A				INC [NI	3.LR]		(Chec	k all applicabl	le)
(Last) 52 SOUTH	(First) (N BROAD STREE	(N		Earliest Tr ay/Year))14	ansaction			_X_ Director _X_ Officer (give below) President &		% Owner her (specify Bancorp
NODWICH	(Street)			ndment, Da hth/Day/Year	nte Original			6. Individual or Jo Applicable Line) _X_ Form filed by 0 Form filed by M	One Reporting P	Person
NORWICH								Person		
(City)		(Zip)						quired, Disposed of		-
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution D any (Month/Day/	n Date, if Transaction(A) or Disposed of Securities Code (D) Beneficially Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned Following (A) Transaction(s)				Securities Beneficially Owned Following Reported Transaction(s)	6. 7. Nature of Ownership Indirect Form: Direct Beneficial (D) or Ownership Indirect (I) (Instr. 4) (Instr. 4)		
NBT Bancorp Inc.	01/22/2014			Code V	13,132	(D)	Price	(Instr. 3 and 4) 183,615.887	D	
Common Stock	01122,2011				(1)		ψŪ	100,0101007	2	
NBT Bancorp Inc. Common Stock								18,493.705	I	401k
NBT Bancorp								755	Ι	Custodian for Minor

Inc.			
Common			
Stock			
NBT			
Bancorp			NBT
Inc.	10,731.723	Ι	Bancorp
Common			ESOP
Stock			
Reminder: Report on a separate line for each class of securities beneficial	y owned directly or indirectly		

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.

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. nNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V		Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011 <u>(2)</u>	01/15/2020	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 <u>(3)</u>	01/15/2018	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 20.94					11/18/2013 <u>(4)</u>	11/18/2021	NBT Bancorp Inc. Common Stock	30,00
Non-Qualified Stock Option	\$ 22.352					01/01/2007(3)	01/01/2016	NBT Bancorp	30,0

(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(3)	01/20/2015	NBT Bancorp Inc. Common Stock	22,42
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007 <u>(4)</u>	08/01/2015	NBT Bancorp Inc. Common Stock	6,47
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009 <u>(4)</u>	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(3)	01/01/2017	NBT Bancorp Inc. Common Stock	28,0

Reporting Owners

Reporting Owner Name / AddressDirector10% OwnerOfficerOtherDIETRICH MARTIN A
52 SOUTH BROAD STREET
NORWICH, NY 13815XPresident & CEO NBT BancorpSignatures
b: F. Sheldon Prentice, Power of Attorry
DietrichSignature of Attorry
01/24/201401/24/2014

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. Omnibus Restricted Stock Unit Agreement the 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 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. 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.