NBT BANCORP INC

Form 4

Common Stock

November 17, 2015

FORM	M /								OMB	APPROVAL	
	UNITED	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								3235-0287	
if no lo subject Section Form 4 Form 5 obligati	to SIATE 1 16. or Filed pu	ATEMENT OF CHANGES IN BENEFICIAL OWNE SECURITIES ed pursuant to Section 16(a) of the Securities Exchange A on 17(a) of the Public Utility Holding Company Act of 19 30(h) of the Investment Company Act of 1940						burden hor response e Act of 1934, 1935 or Section		ours per	
See Inst 1(b).	truction	30(n) oi	tne I	nvestme	nt Comp	any 1	Act of 194	0			
(Print or Type	e Responses)										
1. Name and Address of Reporting Person * Wadsworth Robert A			2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]					5. Relationship of Reporting Person(s) to Issuer			
(Last)				-		Dj	(Check all applicable)				
52 SOUTH	(N	3. Date of Earliest Transaction (Month/Day/Year) 11/16/2015					_X_ DirectorOfficer (give below)		0% Owner ther (specify		
Fi				nendment, l	_	nal		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
NORWICI	H, NY 13815							Person			
(City)	(State)	(Zip)	Tal	ble I - Non	-Derivativ	e Sec	urities Acq	uired, Disposed o	f, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Dat any (Month/Day/Y		3. 4. Securities Acquired (A) Transaction Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				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)	
NBT Bancorp Inc. Common Stock	11/16/2015			M	Amount 210	(D)	Price \$ 22.4092	11,619.802	D		
NBT Bancorp Inc.								164,041	I	by Corporation	

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

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SEC 1474

(9-02)

$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Securi (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Shar
Non-Qualified Stock Option (right to buy)	\$ 22.4092	11/16/2015		M		210	01/01/2007(1)	01/01/2016	NBT Bancorp Inc. Common Stock	21
Non-Qualified Stock Option (right to buy)	\$ 21.74						05/01/2007(1)	05/01/2016	NBT Bancorp Inc. Common Stock	5(
Non-Qualified Stock Option (right to buy)	\$ 22.4842						05/01/2008(1)	05/01/2017	NBT Bancorp Inc. Common Stock	1,3
Non-Qualified Stock Option (right to buy)	\$ 22.5508						05/01/2009(1)	05/01/2018	NBT Bancorp Inc. Common Stock	1,6
Non-Qualified Stock Option (right to buy)	\$ 24.08						11/10/2007(1)	11/10/2016	NBT Bancorp Inc. Common Stock	5(

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Wadsworth Robert A
52 SOUTH BROAD STREET X
NORWICH, NY 13815

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Robert Wadsworth

11/17/2015

**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 Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan 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 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.

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