

NBT BANCORP INC
 Form 4
 July 06, 2005

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
FORSYTHE DARYL R

(Last) (First) (Middle)

52 SOUTH BROAD STREET

(Street)

NORWICH, NY 13815

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
NBT BANCORP INC [NBTB]

3. Date of Earliest Transaction
 (Month/Day/Year)
07/05/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

CEO NBT Bancorp

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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 Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)	
			Code	V	Amount	(D)	Price	
NBT Bancorp Inc. Common Stock	07/05/2005		M		960	A	\$ 20.441 122,476.691	D
NBT Bancorp Inc. Common Stock	07/05/2005		S		960	D	\$ 24 121,516.691	D
NBT Bancorp	07/05/2005		M		5,944	A	\$ 17.538 127,460.691	D

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Inc. Common Stock									
NBT Bancorp Inc. Common Stock	07/05/2005	S	5,944	D	\$ 24	121,516.691	D		
NBT Bancorp Inc. Common Stock	07/05/2005	M	10,560	A	\$ 22.1715	132,076.691	D		
NBT Bancorp Inc. Common Stock	07/05/2005	S	10,560	D	\$ 24	121,516.691	D		
NBT Bancorp Inc. Common Stock	07/05/2005	M	1,075	A	\$ 17.538	122,591.691	D		
NBT Bancorp Inc. Common Stock	07/05/2005	M	1,618	A	\$ 22.1715	124,209.691	D		
NBT Bancorp Inc. Common Stock						8,585.849	I	401k	
NBT Bancorp Inc. Common Stock						2,758.846	I	NBT Bancorp ESOP	
NBT Bancorp Inc. Common Stock						1,511	I	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 Underlying (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
Non-Qualified Stock Option (right to buy)	\$ 17.538	07/05/2005		M	5,944	01/01/2004 ⁽¹⁾ 01/01/2013	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 17.538	07/05/2005		M	1,075	01/01/2004 ⁽¹⁾ 01/01/2013	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.441	07/05/2005		M	960	04/28/2001 ⁽²⁾ 04/28/2009	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.1715	07/05/2005		M	10,560	01/01/2005 ⁽¹⁾ 01/01/2014	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.1715	07/05/2005		M	1,618	01/01/2005 ⁽¹⁾ 01/01/2014	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.8712	07/05/2005		A	1,075	07/05/2007 ⁽²⁾ 07/05/2015	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option	\$ 23.8712	07/05/2005		A	1,618	07/05/2007 ⁽²⁾ 07/05/2015	NBT Bancorp Inc. Common Stock

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(right to buy)				Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 14.3492	01/28/2003 ⁽¹⁾	01/28/2012	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 18.1632	01/27/1999 ⁽¹⁾	01/27/2008	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 19.7917	08/11/2005 ⁽²⁾	08/11/2013	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 19.7925	08/14/2005 ⁽²⁾	08/14/2013	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 19.8125	08/12/2005 ⁽²⁾	08/12/2013	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 20.0558	08/05/2005 ⁽²⁾	08/05/2013	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 22.3517	09/01/2006 ⁽²⁾	09/01/2014	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 22.4075	09/08/2006 ⁽²⁾	09/08/2014	NBT Bancorp Inc. Commo Stock
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006 ⁽¹⁾	01/20/2015	NBT Bancorp Inc.

Non-Qualified
Stock Option \$ 23.7553
(right to buy)

07/01/2007⁽²⁾ 07/01/2015

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FORSYTHE DARYL R 52 SOUTH BROAD STREET NORWICH, NY 13815	X		CEO NBT Bancorp	

Signatures

By: Michael J. Chewens, Power of Attorney For: Daryl R.
Forsythe

07/06/2005

__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. 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.