

Inc.
Common
Stock

ESOP

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. 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 Amount of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011 ⁽²⁾	01/15/2020	NBT Bancorp Inc. Common Stock	18,000
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 ⁽³⁾	01/15/2018	NBT Bancorp Inc. Common Stock	17,000
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005 ⁽³⁾	01/01/2014	NBT Bancorp Inc. Common Stock	15,800
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007 ⁽³⁾	01/01/2016	NBT Bancorp Inc. Common Stock	20,000
Non-Qualified Stock Option	\$ 23.2708					01/20/2006 ⁽³⁾	01/20/2015	NBT Bancorp	16,200

