NBT BANCORP INC
Form 4
October 31, 2014

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
MITCHELL JOHN C

(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)
10/29/2014

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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	(A) or (D)	Price			
NBT Bancorp Inc. Common Stock	10/29/2014		M		461	A	$ 23.8325	35,744	D	
NBT Bancorp Inc. Common Stock	10/29/2014		S		461	D	$ 24.84	35,283	D	
NBT Bancorp	10/29/2014		M		395	A	$ 23.8325	35,678	D	

Inc. Common Stock							
NBT Bancorp Inc. Common Stock	10/29/2014	S	395	D	$ 24.84	35,283	D
NBT Bancorp Inc. Common Stock	10/29/2014	M	178	A	$ 23.8325	35,461	D
NBT Bancorp Inc. Common Stock	10/29/2014	S	178	D	$ 24.84	35,283	D
NBT Bancorp Inc. Common Stock	10/29/2014	M	700	A	$ 23.2708	35,983	D
NBT Bancorp Inc. Common Stock	10/29/2014	S	700	D	$ 24.7726	35,283	D
NBT Bancorp Inc. Common Stock	10/29/2014	M	1,750	A	$ 20.7492	37,033	D
NBT Bancorp Inc. Common Stock	10/29/2014	S	1,750	D	$ 24.7726	35,283	D
NBT Bancorp Inc. Common Stock	10/29/2014	M	1,625	A	$ 21.74	36,908	D
NBT Bancorp Inc.	10/29/2014	S	1,625	D	$ 24.7726	35,283	D

Common Stock									
NBT Bancorp Inc. Common Stock	10/29/2014		M	1,800	A	$ 22.4842	37,083	D	
NBT Bancorp Inc. Common Stock	10/29/2014		S	1,800	D	$ 24.7726	35,283	D	
NBT Bancorp Inc. Common Stock	10/29/2014		M	2,000	A	$ 22.5508	37,283	D	
NBT Bancorp Inc. Common Stock	10/29/2014		S	2,000	D	$ 24.7726	35,283	D	
NBT Bancorp Inc. Common Stock							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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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 Amo Underlying Secu (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Am or Nu

								of Sh
Non-Qualified Stock Option (right to buy)	$ 20.7492	10/29/2014	M	1,750	05/01/2006[(1)]	05/01/2015	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	$ 21.74	10/29/2014	M	1,625	05/01/2007[(1)]	05/01/2016	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	$ 22.4842	10/29/2014	M	1,800	05/01/2008[(1)]	05/01/2017	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	$ 22.5508	10/29/2014	M	2,000	05/01/2009[(1)]	05/01/2018	NBT Bancorp Inc. Common Stock	2
Non-Qualified Stock Option (right to buy)	$ 23.2708	10/29/2014	M	700	01/20/2006[(1)]	01/20/2015	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	$ 23.8325	10/29/2014	M	461	11/10/2006[(2)]	11/10/2014	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	$ 23.8325	10/29/2014	M	395	11/10/2006[(2)]	11/10/2014	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	$ 23.8325	10/29/2014	M	178	11/10/2006[(2)]	11/10/2014	NBT Bancorp Inc. Common Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships

	Director	10% Owner	Officer	Other
MITCHELL JOHN C 52 SOUTH BROAD STREET NORWICH, NY 13815		X		

Signatures

By: F. Sheldon Prentice, Power of Attorney For: John C. Mitchell	10/30/2014
**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.

(2) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan reload grant vests 100% two years after date of its grant.

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