

FORSYTHE DARYL R
 Form 4
 July 05, 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)
06/30/2005

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	06/30/2005		M		9,540	A	\$ 20.441
					118,215.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005		S		9,540	D	\$ 24.0001
					108,675.691	D	
NBT Bancorp	06/30/2005		M		8,920	A	\$ 16.0625
					117,595.691	D	

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Inc. Common Stock								
NBT Bancorp Inc. Common Stock	06/30/2005	S	8,920	D	\$ 24.0001	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005	M	13,833	A	\$ 20.5952	122,508.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005	S	13,833	D	\$ 24.0013	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005	M	8,160	A	\$ 14.3492	116,835.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005	S	8,160	D	\$ 24.0002	108,675.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005	M	256	A	\$ 17.538	108,931.691	D	
NBT Bancorp Inc. Common Stock	06/30/2005	S	256	D	\$ 24.0002	108,675.691	D	
NBT Bancorp Inc. Common Stock	07/01/2005	M	5,516	A	\$ 18.1632	114,191.691	D	
NBT Bancorp Inc.	07/01/2005	M	3,045	A	\$ 20.5952	117,236.691	D	

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Common Stock								
NBT Bancorp Inc. Common Stock	07/01/2005		M	1,980	A	\$ 16.0625	119,216.691	D
NBT Bancorp Inc. Common Stock	07/01/2005		M	2,300	A	\$ 14.3492	121,516.691	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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(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 Underlying (Instr. 3 and 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date
	\$ 14.3492	06/30/2005		M	8,160	01/28/2003 ⁽¹⁾	01/28/2012

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Non-Qualified Stock Option (right to buy)								NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 14.3492	07/01/2005	M	2,300	01/28/2003 ⁽¹⁾	01/28/2012		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 16.0625	06/30/2005	M	8,920	01/22/2002 ⁽¹⁾	01/22/2011		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 16.0625	07/01/2005	M	1,980	01/22/2002 ⁽¹⁾	01/22/2011		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 17.538	06/30/2005	M	256	01/01/2004 ⁽¹⁾	01/01/2013		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 18.1632	07/01/2005	M	5,516	01/27/1999 ⁽¹⁾	01/27/2008		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.441	06/30/2005	M	9,540	04/28/2001 ⁽²⁾	04/28/2009		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.5952	06/30/2005	M	13,833	01/26/2000 ⁽¹⁾	01/26/2009		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.5952	07/01/2005	M	3,045	01/26/2000 ⁽¹⁾	01/26/2009		NBT Bancorp Inc. Common Stock
	\$ 23.7553	07/01/2005	A	5,516	07/01/2007 ⁽²⁾	07/01/2015		

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Non-Qualified Stock Option (right to buy)								NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.7553	07/01/2005	A	3,045	07/01/2007 ⁽²⁾	07/01/2015		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.7553	07/01/2005	A	1,980	07/01/2007 ⁽²⁾	07/01/2015		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.7553	07/01/2005	A	2,300	07/01/2007 ⁽²⁾	07/01/2015		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 19.7917				08/11/2005 ⁽²⁾	08/11/2013		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 19.7925				08/14/2005 ⁽²⁾	08/14/2013		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 19.8125				08/12/2005 ⁽²⁾	08/12/2013		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.0558				08/05/2005 ⁽²⁾	08/05/2013		NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.1715				01/01/2005 ⁽¹⁾	01/01/2014		NBT Bancorp Inc. Common Stock
	\$ 22.3517				09/01/2006 ⁽²⁾	09/01/2014		

Non-Qualified
Stock Option
(right to buy)

NBT
Bancorp
Inc.
Commo
Stock

Non-Qualified
Stock Option \$ 22.4075
(right to buy)

09/08/2006⁽²⁾ 09/08/2014

NBT
Bancorp
Inc.
Commo
Stock

Non-Qualified
Stock Option \$ 23.2708
(right to buy)

01/20/2006⁽¹⁾ 01/20/2015

NBT
Bancorp
Inc.
Commo
Stock

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

07/05/2005

**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.

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