



Inc.  
Common  
Stock

ESOP

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

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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 <sup>(2)</sup> 01/15/2020	NBT Bancorp Inc. Common Stock 18,000
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 <sup>(3)</sup> 01/15/2018	NBT Bancorp Inc. Common Stock 18,000
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005 <sup>(3)</sup> 01/01/2014	NBT Bancorp Inc. Common Stock 715
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007 <sup>(3)</sup> 01/01/2016	NBT Bancorp Inc. Common Stock 22,000
Non-Qualified Stock Option	\$ 23.2708					01/20/2006 <sup>(3)</sup> 01/20/2015	NBT Bancorp 17,500

(right to buy)

Inc.  
Common  
Stock

Non-Qualified  
Stock Option \$ 25.38  
(right to buy)

01/15/2010<sup>(2)</sup> 01/15/2019

NBT  
Bancorp  
Inc. 18,0  
Common  
Stock

Non-Qualified  
Stock Option \$ 25.762  
(right to buy)

01/01/2008<sup>(3)</sup> 01/01/2017

NBT  
Bancorp  
Inc. 20,0  
Common  
Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CHEWENS MICHAEL J 52 SOUTH BROAD STREET NORWICH, NY 13815			Sr EVP & CFO	

## Signatures

By: F. Sheldon Prentice, Power of Attorney For: Michael J.  
Chewens 01/22/2013

\_\_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) The sale price is an average of 300 shares sold at \$ 20.76, 449 shares sold at \$ 20.78, 51 shares sold at \$ 20.80, 200 shares sold at \$ 20.81, 100 shares sold at \$ 20.82, 2 shares sold at \$ 20.84, 200 shares sold at \$20.8554, 198 shares sold at 20.86 and 225 shares sold at \$ 20.929.

(2) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.

(3) Pursuant to NBT Bancorp Inc. 1993 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.

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