

MURPHY MICHAEL M
Form 4
November 16, 2009

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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

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 *
MURPHY MICHAEL M

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
52 SOUTH BROAD STREET
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/13/2009

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

NORWICH, NY 13815

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

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

(City) (State) (Zip)

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
NBT Bancorp Inc. Common Stock	11/13/2009		P		4,165	A	\$ 20.65
					13,599		D
NBT Bancorp Inc. Common Stock	11/13/2009		P		2,950	A	\$ 20.65
					2,950		I
							by Spouse

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 Security (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)	\$ 18.3408					08/08/2009 ⁽¹⁾ 08/08/2017	NBT Bancorp Inc. Common Stock 100
Non-Qualified Stock Option (right to buy)	\$ 20.7492					05/01/2006 ⁽²⁾ 05/01/2015	NBT Bancorp Inc. Common Stock 300
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007 ⁽²⁾ 05/01/2016	NBT Bancorp Inc. Common Stock 1,500
Non-Qualified Stock Option (right to buy)	\$ 22.1542					02/02/2006 ⁽¹⁾ 02/02/2014	NBT Bancorp Inc. Common Stock 1,000
Non-Qualified Stock Option (right to buy)	\$ 22.4842					05/01/2008 ⁽²⁾ 05/01/2017	NBT Bancorp Inc. Common Stock 1,500
	\$ 22.5508					05/01/2009 ⁽²⁾ 05/01/2018	NBT Bancorp Inc. Common Stock 1,500

Non-Qualified Stock Option (right to buy)				NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 23.05	01/28/2007 ⁽¹⁾	01/28/2015	NBT Bancorp Inc. Common Stock	100
Non-Qualified Stock Option (right to buy)	\$ 23.1133	01/26/2007 ⁽¹⁾	01/26/2015	NBT Bancorp Inc. Common Stock	400
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006 ⁽²⁾	01/20/2015	NBT Bancorp Inc. Common Stock	630

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MURPHY MICHAEL M 52 SOUTH BROAD STREET NORWICH, NY 13815			X	

Signatures

By: Michael J. Chewens, Power of Attorney For: Michael M. Murphy 11/16/2009

__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 reload grant vests 100% two years after date of its grant.
- (2) 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.

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.