Wadsworth Robert A Form 4 May 03, 2013

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB 3235-0287

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

30(h) of the Investment Company Act of 1940

1(b).

Stock

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * Wadsworth Robert A			2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (I		3. Date of Earliest Transaction				(Check all applicable)			
52 SOUTH BROAD STREET			(Month/Day/Year) 05/01/2013				_X_ Director 10% Owner Officer (give title below) Other (specify below)			
(Street) NORWICH, NY 13815			4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Γable I - Non-I	Derivative	Secu	rities A	cquired, Dispose	d of, or Benefi	cially Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, any (Month/Day/Ye:	ed 3. 4. Securities Date, if TransactionAcquired (A) or Code Disposed of (D) ay/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or))	5. Amount of 6. 7. Securities Ownership In Beneficially Form: Direct Be Owned (D) or Owned		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
NBT Bancorp Inc. Common Stock	05/01/2013		A	1,081 (1)	A	\$0	9,154.324	D		
NBT Bancorp Inc. Common							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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SEC 1474

(9-02)

$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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. Transactic Code (Instr. 8)	5. conNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Shares
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007(2)	05/01/2016	NBT Bancorp Inc. Common Stock	500
Non-Qualified Stock Option (right to buy)	\$ 22.4092					01/01/2007(2)	01/01/2016	NBT Bancorp Inc. Common Stock	210
Non-Qualified Stock Option (right to buy)	\$ 22.4842					05/01/2008(2)	05/01/2017	NBT Bancorp Inc. Common Stock	1,37
Non-Qualified Stock Option (right to buy)	\$ 22.5508					05/01/2009(2)	05/01/2018	NBT Bancorp Inc. Common Stock	1,62
Non-Qualified Stock Option (right to buy)	\$ 24.08					11/10/2007(2)	11/10/2016	NBT Bancorp Inc. Common Stock	500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Wadsworth Robert A
52 SOUTH BROAD STREET X
NORWICH, NY 13815

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Robert Wadsworth

05/03/2013

**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) Acquired pursuant to the NBT Bancorp Inc. 2008 Omnibus Incentive Plan. Each outside director is entitled to receive an annual retainer for Board service in the form of restricted stock units of the Company's common stock that vests in three annual installments.
- 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.

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