

NBT BANCORP INC
 Form 4
 June 30, 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)
06/28/2005

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	06/28/2005		M		26,606	A	\$ 18.1632
NBT Bancorp Inc. Common Stock	06/28/2005		S		26,606	D	\$ 24
NBT Bancorp	06/28/2005		M		10,154	A	\$ 20.5952
							118,829.691

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Inc. Common Stock								
NBT Bancorp Inc. Common Stock	06/28/2005		S	10,154	D	\$ 24.0163	108,675.691	D
NBT Bancorp Inc. Common Stock	06/29/2005		M	9,403	A	\$ 20.5952	118,078.691	D
NBT Bancorp Inc. Common Stock	06/29/2005		S	9,403	D	\$ 24.0004	108,675.691	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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Underlying Se (Instr. 3 and 4)
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Security			(D) (Instr. 3, 4, and 5)								
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	
Non-Qualified Stock Option (right to buy)	\$ 18.1632	06/28/2005		M			26,606	01/27/1999 ⁽¹⁾	01/27/2008	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.5952	06/28/2005		M			10,154	01/26/2000 ⁽¹⁾	01/26/2009	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.5952	06/29/2005		M			9,403	01/26/2000 ⁽¹⁾	01/26/2009	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 14.3492							01/28/2003 ⁽¹⁾	01/28/2012	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 16.0625							01/22/2002 ⁽¹⁾	01/22/2011	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 17.538							01/01/2004 ⁽¹⁾	01/01/2013	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)	\$ 20.441	04/28/2001 ⁽²⁾	04/28/2009	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
Non-Qualified Stock Option (right to buy)	\$ 22.3517	09/01/2006 ⁽²⁾	09/01/2014	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.4075	09/08/2006 ⁽²⁾	09/08/2014	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006 ⁽¹⁾	01/20/2015	NBT Bancorp Inc. Common 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

06/30/2005

__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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