

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)										8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
			3A. Deemed Execution Date, if any (Month/Day/Year)	Code	V	6A. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares					
						(A)	(D)									
Non-Qualified Stock Option (right to buy)	\$18.3408	05/10/2010		M			100	08/08/2009 ⁽¹⁾	08/08/2017	NBT Bancorp Inc. Common Stock	100	\$24.25	0	D		
Non-Qualified Stock Option (right to buy)	\$20.7492	05/10/2010		M			300	05/01/2006 ⁽²⁾	05/01/2015	NBT Bancorp Inc. Common Stock	300	\$24.25	0	D		
Non-Qualified Stock Option (right to buy)	\$21.74	05/10/2010		M			1,500	05/01/2007 ⁽²⁾	05/01/2016	NBT Bancorp Inc. Common Stock	1,500	\$24.25	0	D		
Non-Qualified Stock Option (right to buy)	\$22.1542	05/10/2010		M			600	02/02/2006 ⁽¹⁾	02/02/2014	NBT Bancorp Inc. Common Stock	600	\$24.25	400	D		
Non-Qualified Stock Option (right to buy)	\$22.1542	05/10/2010		M			400	02/02/2006 ⁽¹⁾	02/02/2014	NBT Bancorp Inc. Common Stock	400	\$24.25	0	D		
Non-Qualified Stock Option (right to buy)	\$22.4842	05/10/2010		M			1,200	05/01/2008 ⁽²⁾	05/01/2017	NBT Bancorp Inc. Common Stock	1,200	\$24.25	300	D		
Non-Qualified Stock Option (right to buy)	\$22.5508	05/10/2010		M			900	05/01/2009 ⁽²⁾	05/01/2018	NBT Bancorp Inc. Common Stock	900	\$24.25	600	D		
Non-Qualified Stock Option (right to buy)	\$23.05	05/10/2010		M			100	01/28/2007 ⁽¹⁾	01/28/2015	NBT Bancorp Inc. Common Stock	100	\$24.25	0	D		
Non-Qualified Stock Option (right to buy)	\$23.1133	05/10/2010		M			300	01/26/2007 ⁽¹⁾	01/26/2015	NBT Bancorp Inc. Common Stock	300	\$24.25	100	D		
Non-Qualified Stock Option (right to buy)	\$23.1133	05/10/2010		M			100	01/26/2007 ⁽¹⁾	01/26/2015	NBT Bancorp Inc. Common Stock	100	\$24.25	0	D		
Non-Qualified Stock Option (right to buy)	\$23.2708	05/10/2010		M			630	01/20/2006 ⁽²⁾	01/20/2015	NBT Bancorp Inc. Common Stock	630	\$24.25	0	D		

Explanation of Responses:

- 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.
- 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.

By: Michael J. Chewens,

Power of Attorney For:

05/12/2010

Michael M. Murphy

** Signature of Reporting Person

Date

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.