FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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OMB Number: 3235-0287 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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

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		Reporting Person*	*						cker or Trac RP INC					(Che	elationship ck all appl	icable)	ng Per	son(s) to Iss	
(Last) (First) 52 SOUTH BROAD STREET		(Middle)		04/	3. Date of Earliest Transaction (Month/Day/Year) 04/27/2012									Office below	r (give title)		Other (: below)	specify	
(Street) NORWICH NY			13815	_ 4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City)	(S	tate)	(Zip)												Pelso	11			
		Tab	le I - Nor	n-Deri\	vative	Se	curiti	es A	cquired,	Disp	osed (of, or B	enef	ciall	y Owne	d			
Date			Date	nsaction th/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Transaction Code (Instr.				4 and Securit Benefic Owned		es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
									Code	v	Amount	(A) (D)	or P	Price Reported Transaction(s) (Instr. 3 and 4)				,	
NBT Ban	corp Inc. C	ommon Stock		04/2	7/2012				A		999(1) A		\$ <mark>0</mark>	43,5	43,581.371		D	
NBT Bancorp Inc. Common Stock													243.083			I	Spouse as custodian		
		7	Table II -						uired, D s, option						Owned			·	
Derivative Security Instr. 3) 2. Conversion or Exercise Price of Price of Derivative Security		3. Transaction Date (Month/Day/Year)	Execution Date, if any		4. Transaction Code (Instr. 8)		n of Ex		Expiration	Date Exercisable and xpiration Date flonth/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5) Beneficia Owned Following Reported Transacti (Instr. 4)		ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisabl		piration ate	Title	Amo or Num of Sha	ber					
Non- Qualified Stock Option (right to ouy)	\$21.74								05/01/2007	7 05	/01/2016	NBT Bancorp Inc. Common Stock	50	00		500		D	
Non- Qualified Stock Option (right to ouy)	\$22.3842								02/13/2007	7 02	/13/2016	NBT Bancorp Inc. Common Stock	16	57		167		D	
Non- Qualified Stock Option (right to ouy)	\$22.4842								05/01/2008	3 05	/01/2017	NBT Bancorp Inc. Common Stock	50	00		500		D	
Non- Qualified Stock Option (right to	\$22.5508								05/01/2009	05	/01/2018	NBT Bancorp Inc. Common Stock	50	00		500		D	

Explanation of Responses:

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.

By: F. Sheldon Prentice, Power

05/01/2012 of Attorney For: Timothy E.

Delaney

** Signature of Reporting Person

Date

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

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.

^{*} 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).