| SEC Form 4 |  |
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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| 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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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| hip of Reporting Person(s) to Issuer |     |

| 1. Name and Address of Reporting Person <sup>*</sup><br>Robinson V Daniel II     |               |                | 2. Issuer Name <b>and</b> Ticker or Trading Symbol <u>NBT BANCORP INC</u> [NBTB] | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) |                                                                                                  |                                       |  |  |
|----------------------------------------------------------------------------------|---------------|----------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------|--|--|
| (Last)<br>52 SOUTH BR                                                            | (First)       | (Middle)       | 3. Date of Earliest Transaction (Month/Day/Year)<br>05/21/2019                   | X                                                                       | Director<br>Officer (give title<br>below)                                                        | 10% Owner<br>Other (specify<br>below) |  |  |
| (Street)<br>NORWICH<br>(City)                                                    | NY<br>(State) | 13815<br>(Zip) | 4. If Amendment, Date of Original Filed (Month/Day/Year)                         | 6. Indiv<br>Line)<br>X                                                  | idual or Joint/Group Filing (<br>Form filed by One Report<br>Form filed by More than G<br>Person | ting Person                           |  |  |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned |               |                |                                                                                  |                                                                         |                                                                                                  |                                       |  |  |

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transa<br>Code (<br>8) |   | Disposed Of (D) (Instr. 3, 4 and 5) |               |       | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|--------------------------------------------|-------------------------------------------------------------|------------------------------|---|-------------------------------------|---------------|-------|---------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|
|                                 |                                            |                                                             | Code                         | v | Amount                              | (A) or<br>(D) | Price | Transaction(s)<br>(Instr. 3 and 4)                                        |                                                                   | (1150.4)                                                          |
| NBT Bancorp Inc. Common Stock   | 05/21/2019                                 |                                                             | A                            |   | 928 <sup>(1)</sup>                  | Α             | \$0.0 | 12,200.48                                                                 | D                                                                 |                                                                   |
| NBT Bancorp Inc. Common Stock   |                                            |                                                             |                              |   |                                     |               |       | 587,558                                                                   | Ι                                                                 | by<br>Corporation                                                 |

## Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | of<br>Deriv<br>Secu<br>Acqu<br>(A) or<br>Dispo<br>of (D) | posed<br>D)<br>tr. 3, 4 |                     | Expiration Date Amount of |       | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |  |
|-----------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------------------|------------------------------|---|----------------------------------------------------------|-------------------------|---------------------|---------------------------|-------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|--|
|                                                     |                                                                       |                                            |                                                             | Code                         | v | (A)                                                      | (D)                     | Date<br>Exercisable | Expiration<br>Date        | Title | Amount<br>or<br>Number<br>of<br>Shares              |                                                                                                                            |                                                                          |                                                                    |  |

Explanation of Responses:

1. Acquired pursuant to the NBT Bancorp Inc. 2018 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: Power of Attorney,           |            |
|----------------------------------|------------|
| Michael J. Chewens For: V.       | 05/22/2019 |
| Daniel Robinson II               |            |
| ** 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.