FORM 4

obligations may continue. See Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP Check this box if no longer subject to Section 16. Form 4 or Form 5

OMB APPRO	OVAL							
OMB Number:	3235-0287							
Estimated average burden								
hours per response:	0.5							

Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940										4		Tiours	per response.	0.5		
1. Name and Address of Reporting Person* MITCHELL JOHN C					2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]							Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner				
(Last) (First) (Middle) 52 SOUTH BROAD STREET					3. Date of Earliest Transaction (Month/Day/Year) 05/21/2019									Other below	(specify)	
(Street) NORWICH NY 13815 (City) (State) (Zip) 4. If Amendment, Date of 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					
Tabl	e I - Nor	-Deriv	ative S	ecuriti	es Acc	uired,	Dis	posed o	f, or	Bene	eficia	ally Owne	ed			
Date			Execution D Day/Year) if any		on Date,	Code (ansaction Dispose ode (Instr. 5)					nd Securi Benefi Owned	ties cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
							v	Amount (A) or (D)		A) or D)	Price	Transaction(c)			(11150.4)	
NBT Bancorp Inc. Common Stock								928(1) /	A	\$0	0.0 33,487		D		
NBT Bancorp Inc. Common Stock												1,000		I	by Spouse	
Та												y Owned				
Driversion Date Execution Date, (Month/Day/Year) if any Code (Instr. if any (Month/Day/Year) errivative curity		on of tr. Deri Sec Acq (A) o Disp of (I (Ins					and 4)				9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
	Reporting Person* HN C rst) (STREET Ate) (Table r. 3) mmon Stock mmon Stock Ta 3. Transaction Date	Reporting Person* HN C rst) (Middle) STREET Y 13815 ate) (Zip) Table I - Non r. 3) Table II - C (0 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) STREET A 3A. Deeme Execution if any	Reporting Person* HN C rst) (Middle) STREET Y 13815 ate) (Zip) Table I - Non-Deriv r. 3) 2. Trans Date (Month/ Date (Jan) Table II - Derivat (e.g., pto 1) 3. Transaction Date (Month/Day/Year) [Month/Day/Year] 3. Deemed Execution Date, if any	Reporting Person* HN C TSt) (Middle) STREET Table I - Non-Derivative Secution Date (Month/Day/Year) Table II - Derivative Secution Date (Month/Day/Year)	Filed pursuant to Section 30(h Reporting Person* HN C Table I - Non-Derivative Securities (Month/Day/Year) Table II - Derivative Securities (e.g., puts, calls, war (Month/Day/Year) 3. Transaction Date (Month/Day/Year) Table II - Derivative Securities (e.g., puts, calls, war (Month/Day/Year) 3. 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If Amendment, Date of Original Filed (Month/Day/Year) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (E.g., puts, calls, warrants, options, convertible securities) 3. Transaction Date (Month/Day/Year) (Mo	Reporting Person'	

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.

Date

Exercisable

Expiration

Title

By: Power of Attorney, Michael J. Chewens For: John 05/22/2019 C. Mitchell

** 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.