

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

OMB APPROVAL	
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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 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <b>FORSYTHE DARYL R</b>  (Last) (First) (Middle) <b>52 SOUTH BROAD STREET</b>  (Street) <b>NORWICH NY 13815</b>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <b>NBT BANCORP INC [ nbtb ]</b>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>CEO/President</b>
	3. Date of Earliest Transaction (Month/Day/Year) <b>07/31/2003</b>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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	(A) or (D)	Price			
NBT Bancorp Inc. Common Stock	07/31/2003		M		11,490	A	\$9.6304	57,233.412	D	
NBT Bancorp Inc. Common Stock	07/31/2003		S		11,490	D	\$20.1004	45,743.412	D	
NBT Bancorp Inc. Common Stock								7,157.187	I	401k
NBT Bancorp Inc. Common Stock								2,465.765	I	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock								1,511	I	by Spouse

**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 Security	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 (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		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)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$9.6304	01/24/1995		A	V	23,610.06		01/24/1996 <sup>(1)</sup>	01/24/2005	NBT Bancorp Inc. Common Stock	23,610.06	\$0	23,610.06	D	
Non-Qualified Stock Option (right to buy)	\$9.6304	07/31/2003		M		11,490		01/24/1996 <sup>(1)</sup>	01/24/2005	NBT Bancorp Inc. Common Stock	11,490	\$0	12,120.06	D	
Non-Qualified Stock Option (right to buy)	\$10.1563	01/23/1996		A	V	47,323.7		01/23/1997 <sup>(1)</sup>	01/23/2006	NBT Bancorp Inc. Common Stock	47,323.7	\$0	47,323.7	D	
Non-Qualified Stock Option (right to buy)	\$11.6424	01/28/1997		A	V	48,157.19		01/28/1998 <sup>(1)</sup>	01/28/2007	NBT Bancorp Inc. Common Stock	48,157.19	\$0	48,157.19	D	
Non-Qualified Stock Option (right to buy)	\$14.88	01/24/2000		A	V	50,400		01/24/2001 <sup>(1)</sup>	01/24/2010	NBT Bancorp Inc. Common Stock	50,400	\$0	50,400	D	
Non-Qualified Stock Option (right to buy)	\$16.0625	01/22/2001		A	V	54,500		01/22/2002 <sup>(1)</sup>	01/22/2011	NBT Bancorp Inc. Common Stock	54,500	\$0	54,500	D	
Non-Qualified Stock Option (right to buy)	\$18.1632	01/27/1998		A	V	41,306.99		01/27/1999 <sup>(1)</sup>	01/27/2008	NBT Bancorp Inc. Common Stock	41,306.99	\$0	41,306.99	D	

**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 Security	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 (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		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)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$20.441	04/28/1999		A	V	10,500		04/28/2000 <sup>(1)</sup>	04/28/2009	NBT Bancorp Inc. Common Stock	10,500	\$0	10,500	D	
Non-Qualified Stock Option (right to buy)	\$20.5952	01/26/1999		A	V	36,435		01/26/2000 <sup>(1)</sup>	01/26/2009	NBT Bancorp Inc. Common Stock	36,435	\$0	36,435	D	
Non-Qualified Stock Option (right to buy)	\$14.3492							01/28/2003 <sup>(1)</sup>	01/28/2012	NBT Bancorp Inc. Common Stock	52,300		52,300	D	
Non-Qualified Stock Option (right to buy)	\$17.538							01/01/2004	01/01/2013	NBT Bancorp Inc. Common Stock	36,375		36,375	D	

**Explanation of Responses:**

1. Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.

By: Michael J. Chewens, Power  
of Attorney For: Daryl R.      08/04/2003  
Forsythe

\*\* 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.

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