

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

1. Name and Address of Reporting Person* DELANEY TIMOTHY E			2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/20/2015			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person			
52 SOUTH BROAD STREET			4. If Amendment, Date of Original Filed (Month/Day/Year)						
(Street)	(City)	(State)	(Zip)						
NORWICH	NY	13815							

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	11/20/2015		M		500	A	\$22.5508	52,212.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		S		500	D	\$29.8798	51,712.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		M		500	A	\$22.4842	52,212.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		S		500	D	\$29.8798	51,712.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		M		500	A	\$21.74	52,212.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		S		500	D	\$29.8798	51,712.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		M		167	A	\$22.3842	51,879.719	D	
NBT Bancorp Inc. Common Stock	11/20/2015		S		167	D	\$29.8798	51,712.719	D	
NBT Bancorp Inc. Common Stock								270.801	I	Spouse as custodian

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
Non-Qualified Stock Option (right to buy)	\$21.74	11/20/2015		M		500		05/01/2007 ⁽¹⁾	05/01/2016	NBT Bancorp Inc. Common Stock	500	\$29.8798	0	D	
Non-Qualified Stock Option (right to buy)	\$22.3842	11/20/2015		M		167		02/13/2007 ⁽¹⁾	02/13/2016	NBT Bancorp Inc. Common Stock	167	\$29.8798	0	D	
Non-Qualified Stock Option (right to buy)	\$22.4842	11/20/2015		M		500		05/01/2008 ⁽¹⁾	05/01/2017	NBT Bancorp Inc. Common Stock	500	\$29.8798	0	D	
Non-Qualified Stock Option (right to buy)	\$22.5508	11/20/2015		M		500		05/01/2009 ⁽¹⁾	05/01/2018	NBT Bancorp Inc. Common Stock	500	\$29.8798	0	D	

Explanation of Responses:

1. 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: F. Sheldon Prentice For: 11/23/2015
Timothy Delaney

** 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.