

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

OMB APPROVAL	
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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>08/01/2003</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	08/01/2003		M		100	A	\$9.6304	45,843.412	D	
NBT Bancorp Inc. Common Stock	08/01/2003		S		100	D	\$20.1	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					
Non-Qualified Stock Option (right to buy)	\$9.6304	08/01/2003		M			100	01/24/1996 <sup>(1)</sup>	01/24/2005	NBT Bancorp Inc. Common Stock	\$0	12,020.06	D	
Non-Qualified Stock Option (right to buy)	\$10.1563							01/23/1997 <sup>(1)</sup>	01/23/2006	NBT Bancorp Inc. Common Stock		47,323.7	D	
Non-Qualified Stock Option (right to buy)	\$11.6424							01/28/1998 <sup>(1)</sup>	01/28/2007	NBT Bancorp Inc. Common Stock		48,157.19	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	D	
Non-Qualified Stock Option (right to buy)	\$14.88							01/24/2001 <sup>(1)</sup>	01/24/2010	NBT Bancorp Inc. Common Stock		50,400	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)	\$16.0625							01/22/2002 <sup>(1)</sup>	01/22/2011	NBT Bancorp Inc. Common Stock	54,500		54,500	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	
Non-Qualified Stock Option (right to buy)	\$18.1632							01/27/1999 <sup>(1)</sup>	01/27/2008	NBT Bancorp Inc. Common Stock	41,306.99		41,306.99	D	
Non-Qualified Stock Option (right to buy)	\$20.441							04/28/2000 <sup>(1)</sup>	04/28/2009	NBT Bancorp Inc. Common Stock	10,500		10,500	D	
Non-Qualified Stock Option (right to buy)	\$20.5952							01/26/2000 <sup>(1)</sup>	01/26/2009	NBT Bancorp Inc. Common Stock	36,435		36,435	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. Forsythe      08/04/2003

\*\* 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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