FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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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).

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

														_							
1. Name and Address of Reporting Person* MITCHELL JOHN C							2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
						2. Date of Fadigat Transcriber (March 19. 19.								- 1	X Director 10% Owner Officer (give title Other (specify						
(Last) (First) (Middle)						3. Date of Earliest Transaction (Month/Day/Year) 10/29/2014									below) below)						
52 SOUTH BROAD STREET						A If Amendment Date of Original Filed (Month/Dov/Vees)									6 Individual or Joint/Crown Filing (Charl Applicable						
(Street)					_	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applica Line)										casic					
NORWICH NY 13815						X Form filed by Or Form filed by Mo										Nore than One Reporting					
(City) (State) (Zip)			-										Person								
		Ta	able I -	Non-Deri	vativ	e Sec	urit	ies A	cquir	ed, D	isposed o	of, or E	Benef	icial	ly Owned						
1. Title of Security (Instr. 3) 2. Transaction					ion	2A. D			3. Transa	action	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 an		nd 5)	5. Amount of Securities		6. Owne		7. Na Indire	ture of		
				(Month/Day	/Year)	ear) if any (Month/Da		Day/Year)	Code (Instr. 8)						Beneficially Owned Fol	ially Following	(D) or In (I) (Instr.	ndirect		ership	
									Code	v	Amount	(A) or (D)	Price		Reported Transaction (Instr. 3 and				(Insti	. 4)	
NBT Ban	corp Inc. C	ommon Stock		10/29/2	014				M		461	A	\$23.	8325	35,74	14	Г				
NBT Ban	corp Inc. C	ommon Stock		10/29/2	014				S		461	D	\$24	.84	35,28	33	Г				
NBT Ban	corp Inc. C	ommon Stock		10/29/2	014				M		395	A	\$23.	8325	35,67	78	П				
NBT Ban	corp Inc. C	ommon Stock		10/29/2	014				S		395	D	\$24	.84	35,28	33	D				
NBT Bancorp Inc. Common Stock			10/29/2014		4			M		178	A	\$23.	8325	35,461		D					
NBT Bancorp Inc. Common Stock			10/29/2014		4			S	Ш	178 D		\$24	24.84 35,28		33 D)				
NBT Bancorp Inc. Common Stock			10/29/2014		1		M		700	A	\$23.2708		35,983		D						
NBT Bancorp Inc. Common Stock			10/29/2014				S		700	D	\$24.7726		35,283		D						
NBT Bancorp Inc. Common Stock			10/29/2014					M		1,750	A	\$20.7492		37,03	37,033)				
NBT Bancorp Inc. Common Stock			10/29/2014					S		1,750	D			· ·		D					
		ommon Stock		10/29/2					M		1,625	A	\$21		36,90						
		lommon Stock		10/29/2					S		1,625	D	\$24.		35,28			-			
		ommon Stock		10/29/2					M		1,800	A	\$22.		37,08						
NBT Bancorp Inc. Common Stock 10/29								S		1,800	D	1.					-				
·			10/29/2014					M	\square	2,000	A	\$22.5508				D D					
NB1 Ban	NBT Bancorp Inc. Common Stock 10/		10/29/2014				S		2,000	D	Ψ24.//20		35,283		П		by				
NBT Ban	corp Inc. C	ommon Stock													164,0	41	I			poration	
			Table								sposed of				Owned		,				
1. Title of	2.	3. Transaction	3A D4	(e.g.,	9uts, 4.	calls		umber			s, converti	ble se		es)	8. Price of	9. Num	nber of	10.		11. Nature	
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Yea	Execur) if any	h/Day/Year)	Trans Code 8)		of Deri Secu Acqu (A) o Disp of (D	vative urities uired or oosed o) tr. 3, 4	Expira	ation Da h/Day/Y	ate	Amour Securit Underl Derivat (Instr. 3	nt of ties ying tive Sec		Derivative Security (Instr. 5)	derivat Securi Benefi Owned Follow Report	tive ties cially d ing ted action(s)	Owners Form: Direct (or Indir (I) (Inst	D) ect	of Indirect Beneficial Ownership (Instr. 4)	
													An	nount	•						
								.	Date		Expiration		Nu of	mber							
Non-		 			Code	V	(A)	(D)	Exerc	isable	Date	Title		ares					\dashv		
Qualified Stock Option (right to buy)	\$20.7492	10/29/2014			M			1,750	05/01/	/2006 ⁽¹⁾	05/01/2015	NBT Bancon Inc. Commo Stock	np 1	,750	\$24.7726		0	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)	\$21.74	10/29/2014		M			1,625	05/01/2007 ⁽¹⁾	05/01/2016	NBT Bancorp Inc. Common Stock	1,625	\$24.7726	0	D	
Non- Qualified Stock Option (right to buy)	\$22.4842	10/29/2014		М			1,800	05/01/2008 ⁽¹⁾	05/01/2017	NBT Bancorp Inc. Common Stock	1,800	\$24.7726	0	D	
Non- Qualified Stock Option (right to buy)	\$22.5508	10/29/2014		М			2,000	05/01/2009 ⁽¹⁾	05/01/2018	NBT Bancorp Inc. Common Stock	2,000	\$24.7726	0	D	
Non- Qualified Stock Option (right to buy)	\$23.2708	10/29/2014		М			700	01/20/2006 ⁽¹⁾	01/20/2015	NBT Bancorp Inc. Common Stock	700	\$24.7726	0	D	
Non- Qualified Stock Option (right to buy)	\$23.8325	10/29/2014		М			461	11/10/2006 ⁽²⁾	11/10/2014	NBT Bancorp Inc. Common Stock	461	\$24.84	573	D	
Non- Qualified Stock Option (right to buy)	\$23.8325	10/29/2014		М			395	11/10/2006 ⁽²⁾	11/10/2014	NBT Bancorp Inc. Common Stock	395	\$24.84	178	D	
Non- Qualified Stock Option (right to buy)	\$23.8325	10/29/2014		М			178	11/10/2006 ⁽²⁾	11/10/2014	NBT Bancorp Inc. Common Stock	178	\$24.84	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.
- $2.\ Pursuant\ to\ NBT\ Non-Employee\ Director,\ Divisional\ Director\ and\ Subsidiary\ Director\ Stock\ Option\ Plan\ reload\ grant\ vests\ 100\%\ two\ years\ after\ date\ of\ its\ grant.$

By: F. Sheldon Prentice, Power of Attorney For: John C.

Mitchell

10/30/2014

** 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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