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Form 4 March 27, 20										
								OMB A	PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMB Number:	3235-0287		
Subject to Section 16. Form 4 or			F CHANGES IN BENEFICIAL OWNERSHIP (SECURITIES Section 16(a) of the Securities Exchange Act of 193					Expires:	January 31,	
								Estimated burden hou response	urs per	
obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a		Utility Hold	ling Com	pany	Act o	f 1935 or Sectio	on		
(Print or Type F	Responses)									
Halliday Sarah A Symbol			ssuer Name and Ticker or Trading bol Γ BANCORP INC [NBTB]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (M			-	נסוכ		(Chee	ck all applicabl	e)	
(Lust)	e of Earliest Transaction n/Day/Year)				Director 10% Owner					
52 SOUTH	BROAD STREET	Г 03/25	/2019				X Officer (giv below) EVP/Pres	e title Oth below) ident Comm Ba	er (specify anking	
	Amendment, Date Original				6. Individual or J	oint/Group Fili	ng(Check			
NORWICH	NY 13815	Filed(M	/Ionth/Day/Year))				One Reporting Po More than One R		
(City)		Zip) T	bla I Non D	orivotivo S	Socuri	tios A a	Person quired, Disposed o	f or Bonoficio	lly Ownod	
1.Title of	2. Transaction Date		3.	4. Securi		ues Au	5. Amount of	6. Ownership	-	
Security (Instr. 3)	(Month/Day/Year)	Execution Date, any (Month/Day/Yes	if Transaction Code	TransactionAcquired (A) or Code Disposed of (D)			Securities Beneficially Owned Following Reported	Form: Direct (D) or Indirect (I) (Instr. 4)		
					or	р.	Transaction(s) (Instr. 3 and 4)			
NBT Bancorp Inc.	03/25/2019		A	Amount 2,727 (1)	(D) A	Price	8,864	D		
Common Stock										
NBT Bancorp Inc. Common Stock	03/25/2019		А	2,304 (2)	A	\$ 0	11,168	D		
NBT Bancorp							1,285.834	Ι	401k	

Inc. Common Stock

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 control number.

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)	4. Transactio Code (Instr. 8)	· · · · · · · · · · · · · · · · · · ·		7. Title and A Underlying S (Instr. 3 and	Securities	8. Price of Derivativ Security (Instr. 5)	
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(3)</u>				<u>(3)</u>	<u>(3)</u>	NBT Bancorp Inc. Common Stock	726.145	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	Director 10% Owner Officer			Other			
Halliday Sarah A 52 SOUTH BROAD STREET NORWICH, NY 13815			EVP/President Co	omm Banking				
Signatures								
By: Michael J. Chewens, Power Halliday	ah A.	03/27/2019						

**Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- Pursuant to NBT Bancorp Inc. Omnibus Performance Unit Agreement, each member of a select group of Management is entitled to(1) receive an award based on Company performance goals in the form of restricted stock units that vest one year following the end of a performance period.
- (2) Pursuant to NBT Bancorp Inc. Omnibus Restricted Stock Unit Agreement the grant vests 20% annually.
- (3) Each share of phantom stock is deemed invested in one share of NBT Bancorp Inc. common stock pursuant to the terms of the Deferred Compensation Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.