STERLING BANCORP	
Form 8-K	
November 25, 2009	
UNITED STATES	
SECURITIES AND EXCHANGE COMMISSION	
Washington, DC 20549	
FORM 8-K	
FORM 6-K	
CURRENT REPORT	
Pursuant to Section 13 or 15(d) of the Securities Exchange	A at of 1024
1 disdant to section 13 of 13(d) of the Securities Exchange	e Act 01 1954
Date of Report (Date of earliest event reported) Novemb	er 24, 2009
Commission File Number: 1-5273-1	
Commission The Number: 1 22/3 1	
	Sterling Bancorp
(Exact name of Registrant as specified in its charter)	
New York	13-2565216
(State of other jurisdiction	(IRS Employer
of incorporation)	Identification No.)
650 Fifth Avenue, New York, New York	10019-6108
(Address of principal executive offices)	(Zip Code)
, and it is a second of the se	· ·
	(212) 757- 3300
(Registrant's telephone number, including area code)	
	N/A
(Former name, former address and former fiscal year, if o	changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- o Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- o Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- o Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- o Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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## <u>ITEM 7.01</u>

## REGULATION FD DISCLOSURE

On November 24, 2009, the Company issued a press release announcing a presentation on December 2, 2009 by John C. Millman, President of Sterling Bancorp, as part of the FBR Capital Markets 2009 Fall Investor Conference.

#### **ITEM 9.01**

## FINANCIAL STATEMENTS AND EXHIBITS

- (d) Exhibits
  - 99.1 Press release dated November 24, 2009 (furnished pursuant to Item 7.01).

## **SIGNATURE**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

DATE: November 25, 2009

BY: /s/ JOHN W. TIETJEN

JOHN W. TIETJEN Executive Vice President and Chief Financial Officer

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Exhibit

Number

99.1 Press Release dated November 24, 2009