STERLING BANCORP

Form 4

February 11, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * ABRAMS ROBERT

2. Issuer Name and Ticker or Trading Symbol

STERLING BANCORP [STL]

5. Relationship of Reporting Person(s) to Issuer

(Last)

(City)

(First)

(Middle)

(Zip)

3. Date of Earliest Transaction

(Month/Day/Year)

650 FIFTH AVENUE, 4TH FLOOR

(Street)

(State)

12/06/2004

X_ Director 10% Owner Officer (give title Other (specify

(Check all applicable)

below)

4. If Amendment, Date Original Filed(Month/Day/Year)

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

D

6. Individual or Joint/Group Filing(Check

Person

NEW YORK, NY 10019

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date, if (Instr. 3) (Month/Day/Year)

4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)

Amount

5. Amount of Securities Beneficially Owned Following

6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)

(A) or

Reported Transaction(s)

Price

(Instr. 3 and 4)

Common Stock

12/06/2004

Code V G 88

(D) D \$0

16,161

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

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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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. Transactic Code (Instr. 8)	5. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Non-qualified Stock Option (right to buy)	\$ 8.69					06/30/2001(1)	06/30/2005	Common Stock	2,813
Non-qualifed stock option (right to buy)	\$ 26.96					07/30/2005(1)	07/30/2009	Common Stock	3,630
Non-qualified Stock Option (right to buy)	\$ 19.92					07/31/2003(1)	07/31/2007	Common Stock	3,630
Non-qualified Stock Option (right to buy)	\$ 23.64					07/31/2004(1)	07/31/2008	Common Stock	3,630
Non-qualified Stock Option (right to buy)	\$ 27.62					06/30/2005(1)	06/30/2009	Common Stock	3,750
Non-qualified Stock Options (right to buy)	\$ 18.56					06/29/2002(1)	06/29/2006	Common Stock	7,622
Non-qualified Stock Options (right to buy)	\$ 17.26					07/31/2002(1)	07/31/2006	Common Stock	3,630
Non-qualified Stock Options (right to buy)	\$ 22.32					06/30/2004(1)	06/30/2008	Common Stock	3,750
Non-qualified Stock Option (right to buy)	\$ 23.81					06/28/2003(1)	06/28/2007	Common Stock	7,622

Reporting Owners

	Kelationship
Renorting Owner Name / Address	_

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Director 10% Owner Officer Other

ABRAMS ROBERT 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019



Signatures

/s/ Abrams, Robert 02/09/2005

**Signature of Date

Reporting Person

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).
- (1) Non-qualified stock options become exercisable in installments over a four year period, commencing on the first anniversary of the grant for a term of five years from the date of grant (first exercisable date listed).

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.

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