STERLING BANCORP

Form 4

February 17, 2005

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

OMB APPROVAL

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

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).

(Last)

(City)

Stock

(Print or Type Responses)

1. Name and Address of Reporting Person * **ROSSIDES EUGENE T**

2. Issuer Name and Ticker or Trading Symbol

STERLING BANCORP [STL]

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

(Middle)

(Zip)

3. Date of Earliest Transaction

X_ Director

Officer (give title

10% Owner Other (specify

650 FIFTH AVENUE, 4TH FLOOR

(State)

(First)

02/16/2005

(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

Applicable Line)

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

Person

below)

(Street)

4. If Amendment, Date Original

Filed(Month/Day/Year)

NEW YORK, NY 10019

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

7.25

1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securit	ies Ac	quired	5. Amount of	6. Ownership	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transactio	on(A) or Dis	sposed	of (D)	Securities	Form: Direct	Indirect
(Instr. 3)		any	Code	(Instr. 3, 4	1 and 5	5)	Beneficially	(D) or	Beneficial
		(Month/Day/Year)	(Instr. 8)				Owned	Indirect (I)	Ownership
							Following	(Instr. 4)	(Instr. 4)
					(4)		Reported		
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common	02/16/2005		M	10,126	A	\$	17,816	D	

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)	Code	TransactionDerivative Expiration Date			7. Title and An Underlying Sec (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title A
Non-qualified stock option (right to buy)	\$ 7.25	02/16/2005		M		10,126	06/30/2001(1)	06/30/2005	Common Stock
Non-qualified stock option (right to buy)	\$ 15.47						06/29/2002(1)	06/29/2006	Common Stock
Non-qualified stock option (right to buy)	\$ 14.39						07/31/2002(1)	07/31/2006	Common Stock
Non-qualified stock option (right to buy)	\$ 19.85						06/28/2003(1)	06/28/2007	Common Stock
Non-qualified stock option (right to buy)	\$ 16.61						07/31/2003(1)	07/31/2007	Common Stock
Non-qualified stock option (right to buy)	\$ 18.61						06/30/2004(1)	06/30/2008	Common Stock
Non-qualified stock option (right to buy)	\$ 19.71						07/31/2004(1)	07/31/2008	Common Stock
Non-qualified stock option (right to buy)	\$ 23.02						06/30/2005(1)	06/30/2009	Common Stock
Non-qualified stock option (right to buy)	\$ 22.47						07/30/2005(1)	07/30/2009	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer Other				
ROSSIDES EUGENE T	X						
650 FIFTH AVENUE							

Reporting Owners 2

4TH FLOOR NEW YORK, NY 10019

Signatures

/s/ Rossides, Eugene T 02/16/2005

**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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