

STERLING BANCORP
Form 8-K
November 25, 2009
UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, DC 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) November 24, 2009

Commission File Number: 1-5273-1

(Exact name of Registrant as specified in its charter)	Sterling Bancorp
New York (State of other jurisdiction of incorporation)	13-2565216 (IRS Employer Identification No.)
650 Fifth Avenue, New York, New York (Address of principal executive offices)	10019-6108 (Zip Code)
(Registrant's telephone number, including area code)	(212) 757- 3300
	N/A
(Former name, former address and former fiscal year, if changed since last report)	

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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:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
 - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
 - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
 - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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ITEM 7.01

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).

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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

EXHIBIT INDEX

Exhibit

Number

99.1 Press Release dated November 24, 2009
