## FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| (Print or Ty   | pe Response    | s)   |   |  |  |   |  |  |  |  |  |  |  |   |  |             |
|--|----------------|--|---|--|--|---|--|--|--|--|--|--|--|---|--|-------------|
| Name and Address of Reporting Person * Cumenal Frederic  |                |  |   | 2. Issuer Name <b>and</b> Ticker or Trading Symbol MACK CALI REALTY CORP [CLI] |  |   |  |  |  |  | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner |  |  |   |  |             |
| (Last) (First) (Middle) C/O MACK-CALI REALTY CORPORATION, HARBORSIDE 3, 210 HUDSON ST., STE. 400 |                |  |   | 3. Date of Earliest Transaction (Month/Day/Year) 07/01/2020                    |  |   |  |  |  | Office   | er (give title belo  | ow)                                      | Other (specify b   | elow)   |  |             |
| JERSEY CITY, NJ 07311  |                |  |   | 4. If Amendment, Date Original Filed(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 |  |  |  |   |  |             |
| (City) (State) (Zip)   |                |  |   |  | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned |   |  |  |  |  |  |  |  |   |  |             |
| 1.Title of Security<br>(Instr. 3)  |                | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) |  | (Instr. 8)   |   | 4. Securities Acqui (A) or Disposed of (Instr. 3, 4 and 5) |  | of (D)   | Beneficia<br>Reported  | at of Securities<br>Ily Owned Following<br>Transaction(s)                                    |  | Ownership<br>Form:   | Beneficial  |  |             |
|  |                |  |   |  |  | ode   | V  | Amour  | (A) or (D)   | Price  | (Instr. 3 a  | nd 4)                                    |  | Direct (D)<br>or Indirect<br>(I)<br>(Instr. 4)      | Ownership<br>(Instr. 4)                                  |             |
| Common Stock   |                | 07/01/2020                                 |   |  | A  | (1)   |  | 5,886  |  | \$ 0<br>(1)  | 10,155   | 10,155                                   |  | D   |  |             |
| Reminder:  | Report on a s  | separate line fo                           | r each class of secur<br>Table II - J                       | Derivati   | ive Securi   | ties Ac   | equire   | Pers<br>cont<br>the f  | ons what in the constant of th | ho respondin this for splays a   | rm are<br>curre<br>reficia   | e not requently valid                    | OMB con  | formation<br>spond unle<br>trol numbe               | ss   | 1474 (9-02) |
| 1 Tid C  | l <sub>o</sub> | 2 T  |   |  |  |   | ts, op   | 1  |  | tible secu   | 1  |  | 0 D.:C   | 0 N   | 6 10   | 11. Nature  |
| Derivative Conversion Date Execution Security or Exercise (Month/Day/Year) any                   |                | Execution Da                               | te, if T  | r, if Transaction Code car) (Instr. 8)   |  | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) |  | 6. Date Exercisable<br>and Expiration Date<br>(Month/Day/Year) |  | Am<br>Uno<br>Sec   | Title and ount of derlying urities str. 3 and  |  | 9. Number of<br>Derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | Owners Form of Derivati Security Direct ( or Indire | nip of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |             |
|  |                |  |   | Code   | Code V   | (A)   | (D)  | Date<br>Exer   | cisable  | Expiration<br>Date   | n<br>Titl  | Amount<br>or<br>e Number<br>of<br>Shares |  |   |  |             |

### **Reporting Owners**

|   | Relationships |              |         |       |  |  |  |
|---|---------------|--------------|---------|-------|--|--|--|
| Reporting Owner Name / Address  | Director      | 10%<br>Owner | Officer | Other |  |  |  |
| Cumenal Frederic<br>C/O MACK-CALI REALTY CORPORATION<br>HARBORSIDE 3, 210 HUDSON ST., STE. 400<br>JERSEY CITY, NJ 07311 | X             |              |         |       |  |  |  |

#### **Signatures**

| /s/ Frederic Cumenal            | 07/06/2020 |
|---------------------------------|------------|
| **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).
- (1) On July 1, 2020, the reporting person was granted 5,886 restricted shares of common stock pursuant to the 2013 Incentive Stock Plan of Mack-Cali Realty Corporation. The shares shall vest on the earlier to occur of (a) July 1, 2021, or (b) the date of the 2021 annual meeting of stockholders of Mack-Cali Realty Corporation.

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.