FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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hours per response... 0.5

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 Jones Tammy | | | | 2. Issuer Name and 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 | pelow) | | |
| (Street) | | | | 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 | | | | | | |
| JERSEY CITY, NJ 07311 (City) (State) (Zip) | | | | | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | |
| 1.Title of Security (Instr. 3) | | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | | (Instr. 8) | | ction | 4. Securities Acqui (A) or Disposed of (Instr. 3, 4 and 5) | | of (D) | Beneficia Reported | t of Securities lly Owned Following Transaction(s) | | Ownership Form: | Beneficial | |
| | | | | | | ode | V | Amour | (A) or (D) | Price | (Instr. 3 a | 10 4) | | Direct (D) or Indirect (I) (Instr. 4) | Ownership (Instr. 4) | |
| Common Stock | | 07/01/2020 | | | A | (1) | | 5,886 | 6 A | \$ 0 (1) | 5,886 | ,886 | | D | | |
| Reminder: | Report on a s | separate line fo | r each class of secur Table II - J | Derivati | ve Securit | ies Ac | equire | Pers cont the f | ons wi ained i orm di | ho respondin this for splays a | rm ar curre reficia | e not requently valid | OMB con | formation spond unle trol numbe | ss | 1474 (9-02) |
| 1 77'41 . C | l _a | 2 17 4 | | | s, calls, w | | ts, op | 1 | | rtible secu | 1 . | | 0 D : C | 0.31 1 | C 10 | 11. 27. |
| Security | Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/\(^\) | Execution Da | C | ode nstr. 8) | 5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr 4, and | vative rities sired or osed o) : 3, | and Expiration Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) | | Am Uno Sec | Citle and count of derlying urities str. 3 and | | 9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | Owners Form of Derivati Security Direct (or Indire | Beneficial Ownership (Instr. 4) | |
| | | | | (| Code V | (A) | (D) | Date Exer | e rcisable | Expiration Date | n Titl | Amount or e Number of Shares | | | | |

Reporting Owners

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

Signatures

| /s/ Tammy K. Jones | 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.