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| --- | --- | --- | --- | --- |
| Interphase | Prophase 1 | | Metaphase 1 | |
| Anaphase 1 | Telophase 1 and Cytokinesis | | Prophase 2 | |
| Metaphase 2 | Anaphase 2 | | Telophase 2 and Cytokinesis | |
| Sister chromatids are pulled apart | | Homologous chromosomes are pulled apart | | Homologous chromosomes line up in the middle of the cell | |
| The 2 cells separate | | DNA copies itself | | Two haploid cells | |
| Homologous chromosomes find each other, form a tetrad and crossing over may occur. | | 4 haploid cells are formed  Humans: 4 sperm or 1 egg and 3 polar bodies | | The chromosomes meet in the middle in a line. | |

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