

# metaphase *(met-a-phase)*

## Definition

n. a stage in cell division during which chromosomes become aligned along the equatorial plane of the cell, preparing to be separated into daughter cells.

## Example Sentence

During the **metaphase**, chromosomes are lined up forming a **metaphase** plate.

## More Example Sentences

Understanding **metaphase** is crucial for studying the cell cycle.

## Synonyms

chromosomal alignment; cell division stage; equatorial phase

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