

The CIAA is on the cutting edge of quality in athletics

The conference holds championships annually in Cross Country, Volleyball, Football, Men's and Women's Basketball, Men's and Women's Indoor and Outdoor Track, Tennis, Golf, Baseball and Softball. In 1989, the CIAA held five (5) national championship titles: Men's Indoor and Outdoor Track (Saint Augustine's College), Tennis (Hampton University), Men's Basketball (North Carolina Central University) and Golf (Livingstone College). Virginia Union University was also the Division II National Champion in Basketball in 1980.

Of the seven (7) Division II athletes currently in the National Basketball Association, five (5) came from the CIAA. The CIAA is proud of the many athletes drafted into the National Football League. The CIAA is also proud of the fact that one of its coaches, C.E. "Bighouse" Gaines of Winston-Salem State University, is the winningest active coach in the history of NCAA.

Founded in 1912, the CIAA is the oldest Black Athletic conference in the nation.

Elizabeth City State University

Fayetteville State University

Johnson C. Smith University

Livingstone College

North Carolina Central University

Saint Augustine's College

Shaw University

Winston-Salem State University

Hampton University

Norfolk State University

Saint Paul's College

Virginia State University

Virginia Union University

Bowie State University