

FRIST CAPITAL, LLC

FORM 13F-HR (Form 13F Holdings Report)

Filed 07/16/26 for the Period Ending 06/30/26

Address 3100 WEST END AVE. SUITE 1225
NASHVILLE, TN, 37203
Telephone (615) 269-7979
CIK 0002059425
Fiscal Year 12/31

The Securities and Exchange Commission has not necessarily reviewed the information in this filing and has not determined if it is accurate and complete.

The reader should not assume that the information is accurate and complete.

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 13F

OMB APPROVAL

OMB Number: 3235-0006

Estimated average burden

hours per response: 23.8

FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 06-30-2026

Check here if Amendment: ☐ Amendment Number: _____

This Amendment (Check only one.): ☐ is a restatement.

☐ adds new holdings entries.

Institutional Investment Manager Filing this Report:

Name: Frist Capital, LLC
Address: 3100 WEST END AVE. SUITE 1225
NASHVILLE TN 37203

Form 13F File Number: 028-25450

CRD Number (if applicable): _____

SEC File Number (if applicable): _____

The institutional investment manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

Person Signing this Report on Behalf of Reporting Manager:

Name: Will Morrow
Title: Chief Executive Officer
Phone: (615) 269-7979

Signature, Place, and Date of Signing:

Will Morrow Nashville, TENNESSEE 07-16-2026
[Signature] [City, State] [Date]

Do you wish to provide information pursuant to Special Instruction 5?

☐ Yes ☒ No

Report Type (Check only one.):

☒ 13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)

☐ 13F NOTICE. (Check here if no holdings reported are in this report, and all holdings are reported by other reporting manager(s).)

☐ 13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reported by other reporting manager(s).)

Form 13F Summary Page

Report Summary:

Number of Other Included Managers:	0
Form 13F Information table Entry Total:	1
Form 13F Information table Value Total:	0
	(round to nearest dollar)

Confidential information has been omitted from the public Form 13F report and filed separately with the U.S. Securities and Exchange Commission.

List of Other Included Managers:

Provide a numbered list of the name(s) and Form 13F number(s) of all institutional investment managers with respect to which this report is filed, other than the manager filing this report.

NONE

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	COLUMN 7	COLUMN 8					
NAME OF ISSUER	TITLE OF CLASS	CUSIP	FIGI	VALUE (round to nearest dollar)	SHRS OR PRN AMT	SH / PRN	PUT / CALL	INVESTMENT DISCRETION	OTHER MANAGER	VOTING AUTHORITY		
										SOLE	SHARED	NONE
CONFIDENTIAL	0	000000000	-	0	0	SH	-	SOLE	-	0	0	0