The Light-O-Rama sequence editor does not have a way be default to export/import the timings within a sequence.

For most musical sequences, your timings are going to be based on the song, and exporting/importing wouldn't do you much good. However, there are those who will sequence a musical sequence with a standard timing, say .05 seconds. In this case you would want to click "Edit -> Preferences -> New Musical Preferences" and then edit the box that pops up.

Who is the author of Your Name Munical Information Agent Title Again			
		How many channels should this sequence use?	8
		How much time should be in between	en timings?
		C Use the MIDI Wizard	
		C Use the Tapper Wizard	
C Use the Beat Wizard			
C Use the V <u>U</u> Wizard			
A tepth of a second Hall a second			
C A second			
 Some other value; 	0.05		
C Don't add any timings			
Saye these choices as default	ta.		
Don't ask me this again.			

As you can see here, we changed the "Some other value:" option to 0.05 seconds. Thus, any new musical sequence that you create would have the timing of .05.

Note: If you want to change this for animation sequences, then you will need to "Edit -> Preferences -> New Animation Preferences" as well.